



## Mindfulness Challenges Foundation Phase



Hello Everyone

Last time our mindfulness activities were centred around 'Calm'. This week's mindfulness activities will be centred around 'movement'. You can use them alongside each other. You do not have to complete them all, just dip into them as and when you want to. You will be able to find these activities in your class teams and J2e; they will also be on the school website. If you have any mindfulness activities that you would like to share with me, send them in as I would love to see them. Please email me at:

[ThomasA1263@hwbcymru.net](mailto:ThomasA1263@hwbcymru.net)

Have fun and enjoy the activities, let me know how you get on.

Mrs Thomas



## Movement

Mindfulness is about being aware of your mind and body. Moving mindfully is about paying attention to how your body moves.

### Activity: Rainbow Breath



Matching your movements to your breathing can give you more energy.

- Find a place where there is space around you.
- Be still and imagine there is a beautiful rainbow in front of you. Think of all the colours of a rainbow.
- Let your shoulders relax and your arms hang down to your sides.
- Relax your hands with your palms facing outward.
- Breath in and raise your arms wide and then reach high and let your palms turn to face each other.
- Let your hands float down as you breath out. Keep your arms straight and imagine you are drawing a rainbow above you.

# A Mindful Week

## Monday: Eye Spy

Play a game of eye spy. You could change the game a little and play using colours. I spy something that is ...red!

## Tuesday: Sock Puppet

Use an old sock to make a puppet



## Wednesday: Building

Make your name out of Lego or sticks.



## Thursday: Helping hands.

Help someone in your house with a job.

## Friday: Fresh air Friday!

Spend some time outside even if it is raining!

## Activity: Make Your Own Energy Slime

*... also known as gloop :) This slime reacts to energy!*

### You will need:

Cornflour  
A bowl  
Water  
A spoon  
Food colouring



### What to do:

- Put a few big scoops of cornflour in a bowl. Have a feel of it. What does it feel like?
- Mix a little water with the cornflour, keep adding water and stirring until it makes a thick liquid.
- If you add too much water just add more cornflour. There are no exact measurements!
- Add a few drops of food colouring and mix again.
- Try squeezing your slime. When you squeeze it becomes a solid! When you let go it becomes a liquid again.
- Breath in as you squeeze the slime with energy and breath out as you release the energy and let the slime trickle away.

When you have finished with your slime leave it to dry out overnight and then put it in the bin. You can wash the slime away but make sure you use plenty of water otherwise it could block the sink!

**Activity:** Listen to the Cosmic kids video and try out the activities. Do you recognise the story?



*Some of the video clips in this document may take your child to 'YouTube' please sit with your child while they watch them.*