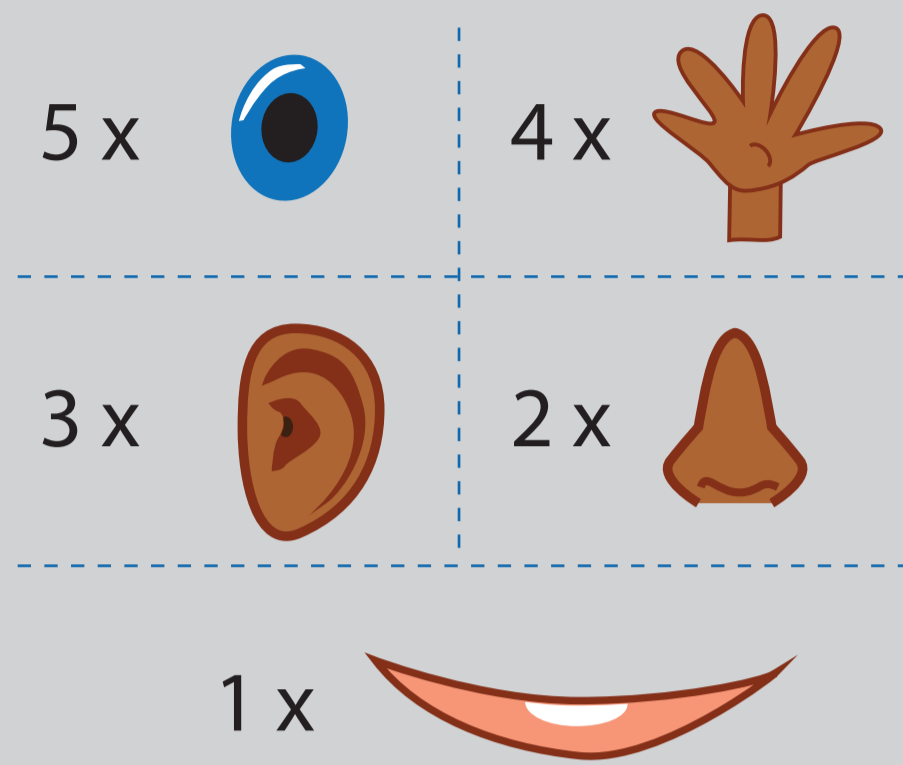


Mindful Me Activity Poster



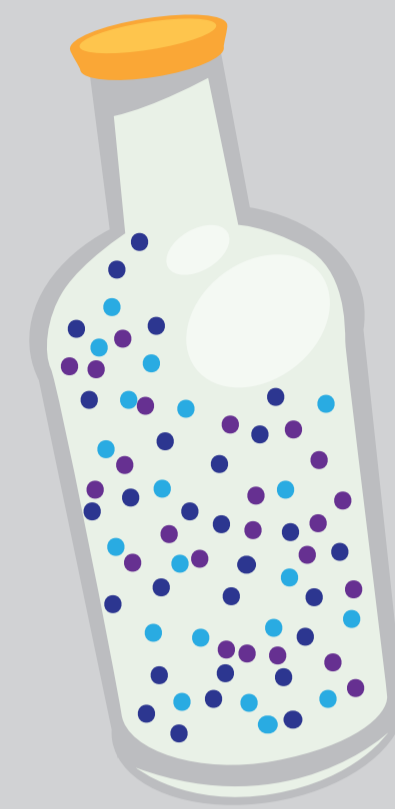
5,4,3,2,1 sensory collection

5 you see, 4 you touch, 3 you hear, 2 you smell, 1 you taste.



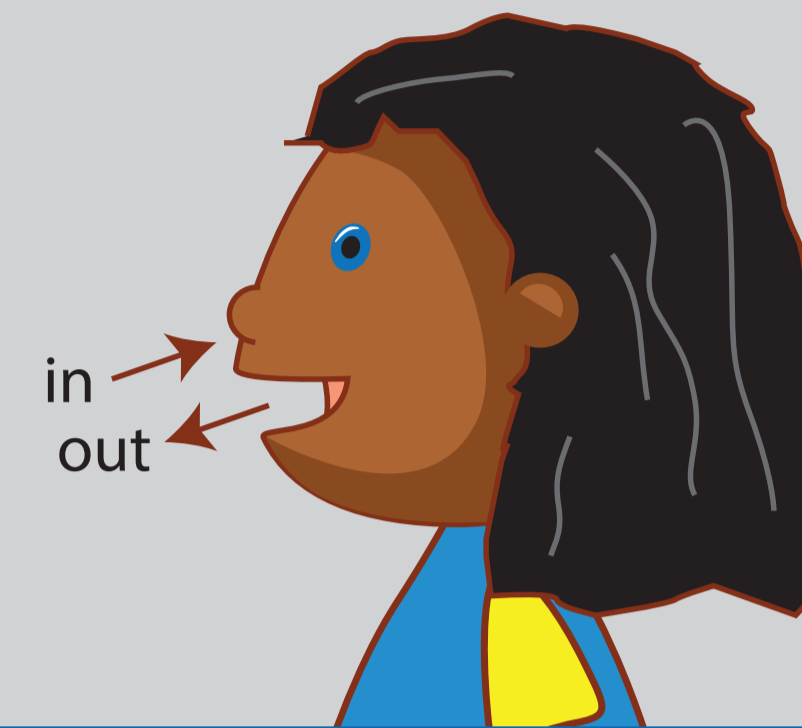
Finger Breathing

Trace around your hand, breathe in going up, pause, breathe out going down, pause.



Glitter bottle visualisation

Steady your breath and imagine the glitter bottle. Close your eyes if you wish.



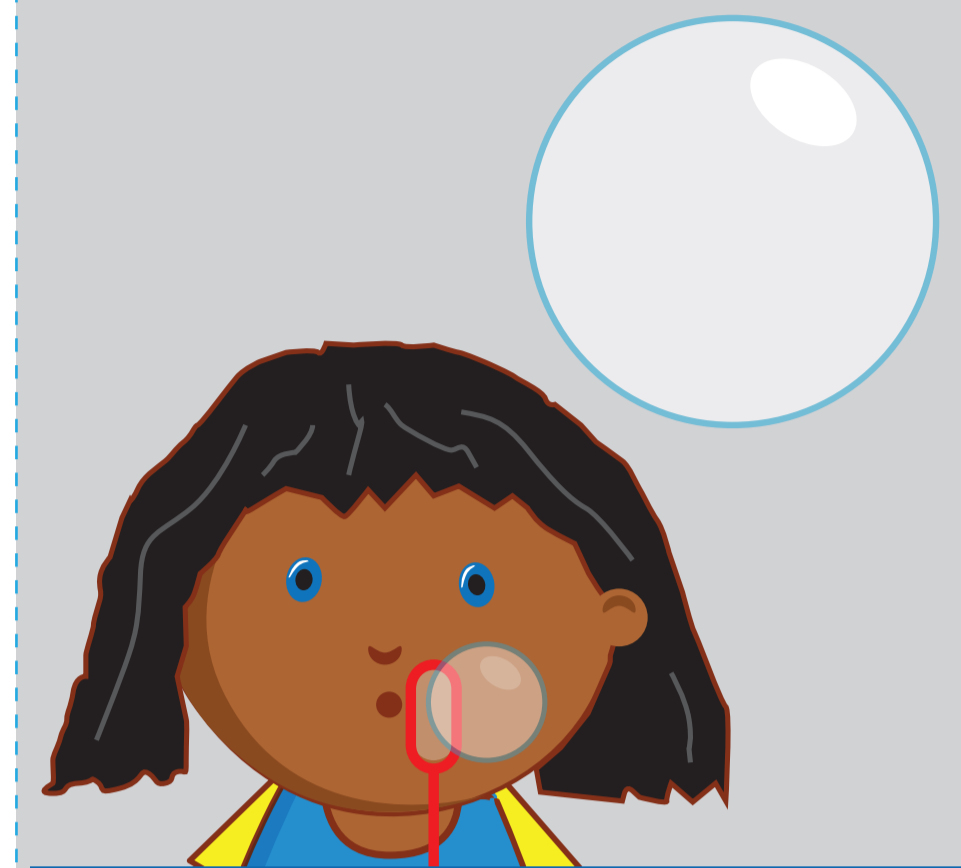
Stop and take a breath

In through your nose for 5, out through your mouth for 7. Increase to 6:8, then 7:11.



Knuckle count

Make a fist and count your knuckles, circling each as you go starting with your thumb. Repeat starting at your pinky.



Bubbles visualisation

Imagine blowing a huge bubble that can hold your tricky thought or feeling. Imagine it floating up into the sky and disappearing.



Foot scan

Wiggle your toes. Fidget your feet. Try to notice how each bit of your foot feels. Start with your big toe and finish with your heel.



Listen very carefully

How many different sounds can you hear? Try to collect 10!



Close your eyes

Build a den in your mind. Tree house? Space station? Under-water palace?



Breathing buddy

Lay down and place a toy or pillow on your tummy. Watch it rise and fall as you take deep, slow breaths



Sand tray

Bury your hands in the sand. How does it feel? Scoop it up and let it fall from your hands. Watch it fall. Notice how it feels and what patterns you can make with it.



Water table

Scoop up the water and pour it out again. Watch the light shine through the droplets. Can you make a tiny droplet? What noises does the water make as it pours?

Sometimes our heads feel full of busy thoughts and big feelings.

To help yourself feel better, try one or more of these activities to calm your body and mind. We're **smoothing the path!**

For more information on Facts4Life resources for your pre-school or primary, see www.facts4life.org