



MONTH OF MINDFULNESS

1.

Breathe deeply with a teddy on your belly

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2.

Make a feelings chart & add an emotion sticker each day

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3.

Take some time out to colour together

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4.

Play the traffic light running game

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5.

Have the longest cuddle possible with your little one

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6.

Repeat a positive mantra at bedtime tonight

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7.

Go on a rainbow walk by finding objects of every colour

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6.

Blow bubbles using big, deep breaths

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7.

Name 5 people you want to send kind wishes to

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8.

Boost your happy hormones by having a dance party

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9.

Make a kindness jar and fill it with good deeds

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10.

At bedtime tonight, name 3 great things that happened today

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11.

Sit outside and ask your little one what they can hear

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12.

Take it in turns to make as many silly noises as possible

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13.

Pretend to be a tree, swaying in the wind

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14.

Calm down with the 5 finger breathing technique

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15.

Talk about your feelings and ask your child to draw them

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16.

Rip up scrap paper and focus on your senses

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17.

Try out some cloud spotting

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18.

Get out in nature & make a mini garden on a plate

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19.

Sit together and pair socks to help your little one relax

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20.

Try a simple yoga stretch for 30 seconds today

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21.

Get noisy and then quiet by banging on pots & pans

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22.

Calm down with a game of sleeping lions

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23.

Name 5 things you can see

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24.

Name 4 things you can touch

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25.

Name 3 things you can hear

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26.

Name 2 things you can smell

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27.

Name 1 thing you can taste

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28.

Have a go at a full sensory countdown from 5 to 1

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