

Mindful Activity Booklet

Let's start by looking at some Positive Words.

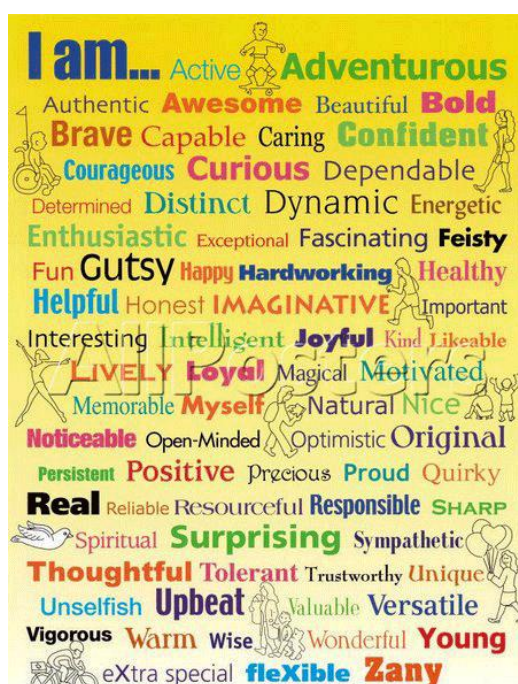
Being more positive and believing in yourself will help you to feel happier and achieve your goals.



So, what is positive words/language?

The words you use to be kind to yourself and others. Learning that it's ok to recognise the good things about yourself and this is what makes you different from others. Having confidence in yourself will help you to do better for yourself. Think of something different each day.

Saying it out loud can really help you to feel happier and more positive.



Activities:

Monday – 20/04/2020

How do you feel today? Circle the correct emoji:



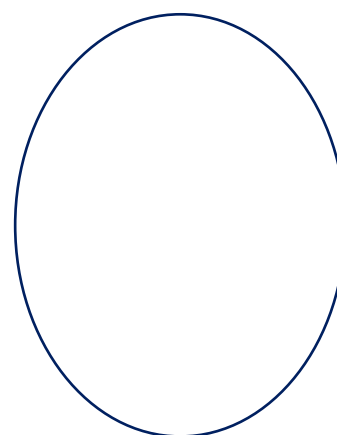
Rate Your Day so far!

Joke of the day!

How did the Geography student drown?

Answer: His grades were below C level

Draw on the face with the emotion
– **Grinning.**



My Top Three

List your top three **foods**:

- 1)
- 2)
- 3)

Mental Maths

Work out this sum in your head
(Don't use a calculator)

$$40 + 30 + 60$$

Grammar Time!

What is wrong with the sentence
below?

The boy didn't want to go over their,
he wanted to stay here.

Is this the correct there?

Quick Draw!

Draw something that you think of when you see
these two words:

- Spaceship
- Mickey Mouse

Fun Fact!

Snakes can help predict Earthquakes.

The Milkshake Breathing Technique:

This is fun when using a milkshake but can be done using any form of drink/liquid. For example, Juice or Water will work just as well.

The idea of the Milkshake Breathing Technique is to make you more aware of the speed and depth of each breath you take and allow to slow down your breathing in order to calm your body.



Equipment:

- Cup/ Beaker/ Glass
- A straw
- Milkshake/ Juice/ Water



Step 1): Pour the Milkshake/ Juice or Water into your cup or glass.

Step 2): Place the straw inside the cup, glass or beaker.

Step 3): Slowly blow into the straw. (Count to 4 in your head).

- Can you see the bubbles? That is all your emotions and worries leaving your body and going into the liquid.

Step 4): Take your mouth away from the straw and breathe in the Oxygen. Take a deep breath. (Count to 6 in your head).

Step 5): Slowly blow into the straw. (Count to four in your head)

- Don't blow too hard otherwise you may make a mess or spillage.

Repeat this as many times as you would like in order to feel calm

Word Jumble:

Rearrange the letters to make the word that means:

To stop and do something you enjoy that makes you feel calm.

E X R L A

My Top Three

List your top three favourite **Sports**:

- 1)
- 2)
- 3)

Mental Maths

Find the Mode of the numbers below: (Mode means the most frequent number, The number you see the most times)

3,4,4,5,5,5,6,7

Who said it?

Which Famous person might have said the quote below?

“Our lives begin to end the day we become silent about things that matter”.

Answer: - Martin Luther King Jr.

Brainteaser

What letter is next in this sequence? M, A, M, J, J, A, S, O, ?

Answer: N for November

Quick Draw!

Draw something that you think of when you see these two words:

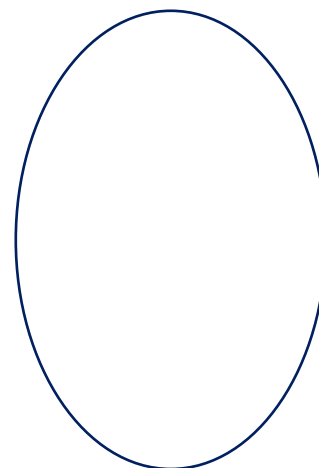
- **Vegetables**
- **Iron Man**

Joke of the day!

When do Astronauts eat?

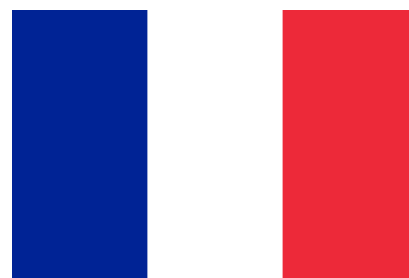
Answer: At Launch Time!

Draw on the face with the emotion
– **Crying.**



Name that Flag!

Which Country does this Flag belong to?



Answer: France

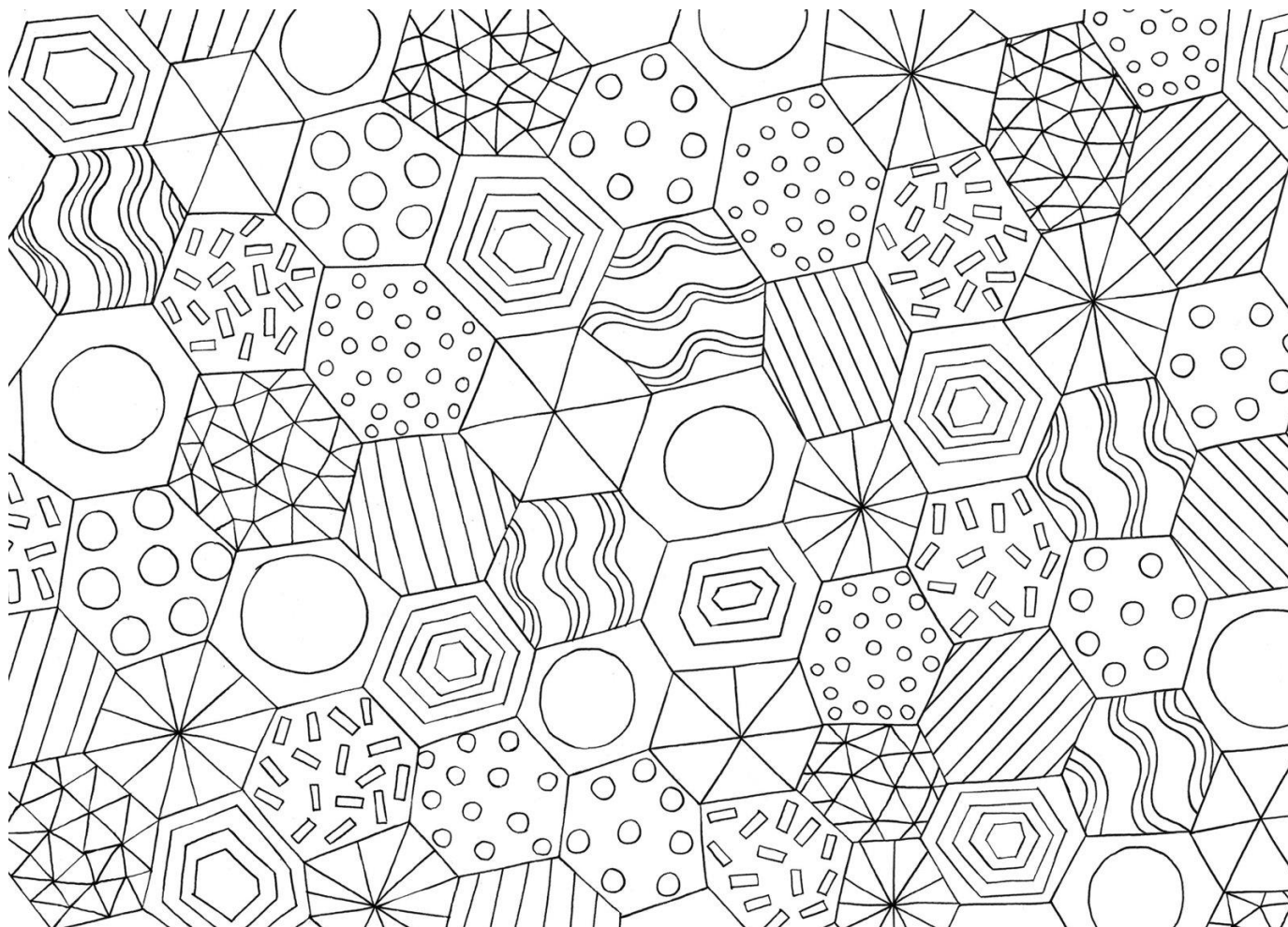
Bonus Point: What is the Capital City of this Country?

Answer: Paris

Fun Fact

Did you know only ¼ of the Sahara Dessert is Sandy?

Mindful Colouring:



Now use the different shape ideas above to draw your name however you would like and colour or shade it in:

A large, empty rectangular box with a thin black border, intended for the student to draw and color their name using the geometric patterns shown in the example above.

Mindfulness, 5, 4, 3, 2, 1.

Write down the following...

- 5 things you can See,
- 4 things you can Touch,
- 3 things you can Hear,
- 2 things you can Smell,
- 1 thing you can Taste.

Mental Maths

Work out the sum below:

$$90 + 157 + 183$$

Grammar Time!

What is wrong with the sentence below?

Don't forget to brush you're teeth before you go to bed!

Is this is the right your?

Thought of the Day!

Would you rather take an ice-cold shower or not shower at all?

Heartbeat Exercise

Place your hand on your chest and notice how often(slow/fast) your heart is beating.

Now do 10 Star Jumps



Place your hand on your chest again, did your heart start to beat faster or slower?

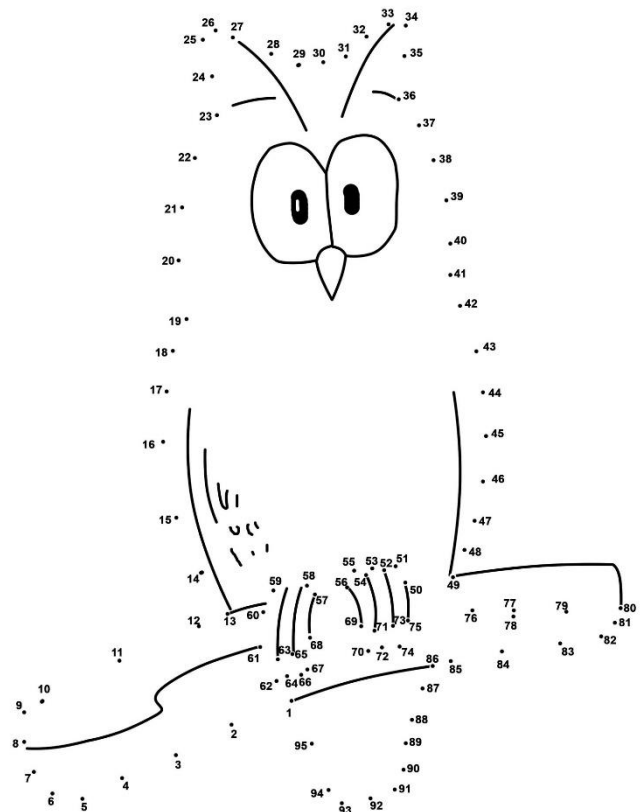
Positive Affirmations

Say these 3 things to yourself or out loud.

- 1) I am free to make my own choices.
- 2) Today is going to be a good day.
- 3) I can control my own behaviour and happiness.

Dot-To-Dot

Complete the dot-to-dot below:



Fun Fact

Did you know it is Illegal (not allowed) to own just one Guinea Pig in Switzerland because they get lonely?

Moments to Relax:

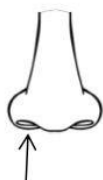
Mindfulness Scavenger Hunt

Relax and Focus
on The Moment

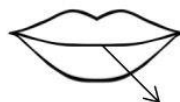
1



Smile

☐


Breathe In

☐


Breathe Out

☐


Count The Lines On Your Hand

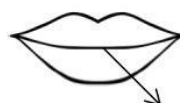
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Smile

☐


Breathe In

☐


Breathe Out

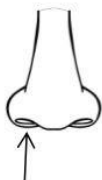
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Count The Curves On Your Ears

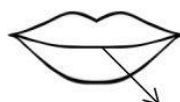
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Smile

☐


Breathe In

☐


Breathe Out

☐


Count The Bumps On Your Lips

Thursday – 23/04/2020

How do you feel today? Circle the correct emoji:



Rate Your Day so far!

My Top Three

List your top three favourite **TV programmes**:

- 1)
- 2)
- 3)

This or That

Circle the one you'd prefer between the two:

WINTER or SUMMER

DINE IN or DELIVERY

SWEATER or HOODIE

TV SHOWS or MOVIES

BEER or WINE

SHOPPING ONLINE or IN STORE

PANCAKE or WAFFLE

DOGS or CATS

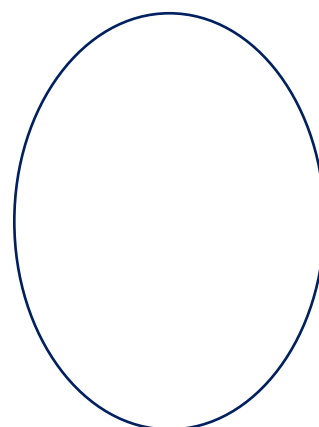
Joke of the day!

What lies in a pram and wobbles?

Answer: A Jelly Baby

Draw on the face with the emotion

– **Angry**



Name that Flag!

Which Country does this Flag belong to?



Answer: Spain

Your Favourites

Food? _____

Drink? _____

Movie? _____

Song? _____

Moments of Mindfulness:



Go on a SAFARI

Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.



Notice the bugs or the birds. Take a moment to kneel down and touch the earth.

Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.



Grammar Time!

What is wrong with the sentence below?

The lady was walking her dog over their.

Is this the right there?

Time Out!

Name the Chocolate:



Fun Fact

A blue whale's heart is the size of a car. Its arteries are large enough to swim through.

Thought of the Day!

Would you rather to only be able to whisper, or only be able to shout?

Mental Maths

Work out the sum below: (Don't use a calculator).

$$46 + 64$$

Brainteaser

Johns mum had four children. The first called April, the second called May and the third called June. What was the fourth child called?

Answer: John

Quick Draw!

Draw something that you think of when you see these two words:

- Dog
- Trees

Complete a Brain Chain:

Start with the first number and complete each sum to find the final number:

| |
|---------------|
| 39 |
| $\div 3$ |
| -9 |
| $\div 2$ |
| $+50\%$ |
| $+19$ |
| RESULT |

| |
|---------------|
| 80 |
| -39 |
| $+77$ |
| $\div 2$ |
| -30 |
| $+17$ |
| RESULT |

Time for a Brain Break

Is it a windy day outside today? If it is then you can play this game! If not, then wait till a day when there is wind outside.

Windy Day Game:

Go outside, can you feel the wind on your face?

Look up and close your eyes.

When you feel the wind "ROAR" like a Lion. Be careful not to hurt your throat.



My A to Z of the School Year: Write down something you have seen or has happened this year starting with each letter of the Alphabet.

| | | |
|----------------|----------------|----------------|
| A _____ | J _____ | S _____ |
| B _____ | K _____ | T _____ |
| C _____ | L _____ | U _____ |
| D _____ | M _____ | V _____ |
| E _____ | N _____ | W _____ |
| F _____ | O _____ | X _____ |
| G _____ | P _____ | Y _____ |
| H _____ | Q _____ | Z _____ |
| I _____ | R _____ | |

Write down something you have learnt for each letter of the alphabet!

Dance Game:

Make up a few dance moves to your favourite song.

Or use the internet such as Youtube.com to take part in a Dance Tutorial.

<https://www.bing.com/videos/search?q=children%27s+dance+tutorial&docid=608019102174347874&mid=608BF367504E09765BF6608BF367504E09765BF6&view=detail&FORM=VIRE>






<https://www.bing.com/videos/search?q=children%27s+dance+tutorial&&view=detail&mid=7244A3EC7334EEA5D18B7244A3EC7334EEA5D18B&&FORM=VDRVRV>




Let's play the Gratitude Game

Use 5 different coloured objects/toys or colour 5 pieces of different scrap paper and put them in a bag, box, bowl.

Ask another person in your house to pick out one of the objects. Answer the question the object is the same colour as:

| | |
|---|--|
|  | Can you tell us about a person you are grateful for? |
|  | Can you tell us something about this extra time at home that you are grateful for? |
|  | What toys are you grateful for? |
|  | What are you grateful for at home? |
|  | What has a friend done for you recently that you are grateful for? |



Let's get Arty!

Thankful Hands!

- 1) Draw around your own hand on a piece of plain paper.
- 2) On one side, write 5 things you are Thankful For, you could write one on each finger and thumb.
- 3) On the other side decorate the hand with bright colours, rainbows and smiley faces.
- 4) Stick the hands up in your window to share the happy thoughts and positivity.



All About Me Selfie Writing Activity



Name: _____

I am years old.

Things I love:

Subject:

Food:

Colour:

Book:

Hobby:

Three words that describe me:

1. _____

2. _____

3. _____

All About Me Checklist: Colour in the squares that are correct for you

| | | | | |
|--|------------------------------------|--|--|---|
| I have a sister that goes to the same school | I have a school dinner everyday | I have 6 letters in my name | I attend an after-school club | I have a brother that goes to the same school as me |
| I have my birthday during the Summer | I love Maths | My favourite colour is yellow | I can name ten of my classmates | I love reading |
| I walk to school everyday | I am right-handed |  | I really like Art | I enjoy Dancing |
| I love Science | I catch the bus to school | I have flown on an aeroplane before | I have a pet | I can spell my headteachers name |
| I enjoy English | I can speak more than one Language | I help my parent/ carer around the house | I am taken to school in a car everyday | I have 4 letters in my name |

How many did you colour?

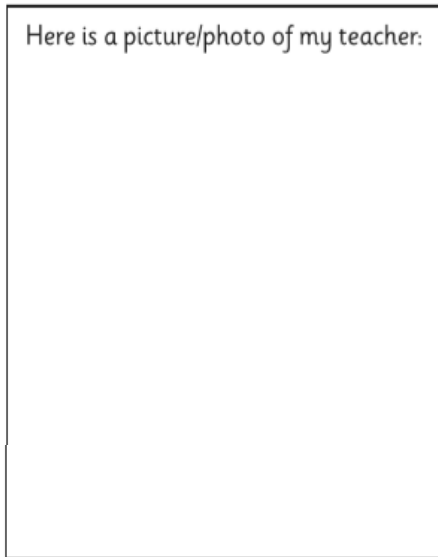
Thank You

for Being Such an Amazing Teacher!



By: _____

Here is a picture/photo of my teacher:



My favourite thing about my teacher is:

My teacher always says:

My teacher likes it when I:

My favourite memory is:

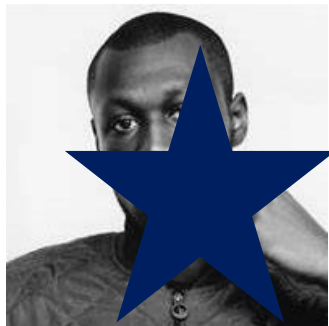
I am going to really miss:

Colouring Pages



Guess Who?

Who are these people?



Joke of the day!

What do you get when you cross a snowman with a vampire?

Answer: Frostbite

Famous Quote

Which Famous person could've said this quote?

"I hated every minute of training, but I said, "Don't quit. Suffer now and live the rest of your life as a champion."

Answer: - Mohammed Ali

Fun Fact

In Japan, letting a sumo wrestler make your baby cry is considered good luck.

Something to think about...

When you're sad, what is the think that makes you happy again?

Quick Draw!

Draw something that you think of when you see these two words:

- A Beach
- A Helicopter

Name that Flag!

Which Country does this Flag belong to?



Answer: Wales

Is Wales part of the United Kingdom?

Mosaic Multiplication:

Follow the instructions below and colour the grid to make an object 😊

Times tables, 3x, 4x, 8x

3, 4, 6, 9, 15, 21, 27, 36 and 56 – **yellow**

8, 12, 16, 20 and 30 – **purple**

24, 32, 33, 40 and 48 – **pink**

28, 64, 72 and 80 – **blue**

| | | | | | | | | | |
|---------------|---------------|---------------|---------------|--------------|---------------|---------------|---------------|---------------|--------------|
| 3×1 | 9×4 | 4×1 | 3×12 | 8×3 | 4×12 | 4×1 | 3×2 | 1×3 | 7×8 |
| 12×3 | 3×9 | 2×3 | 3×4 | 8×2 | 4×4 | 5×4 | 3×5 | 9×3 | 7×3 |
| 7×8 | 1×4 | 8×5 | 4×12 | 5×8 | 6×4 | 6×8 | 10×4 | 1×3 | 9×4 |
| 3×5 | 4×9 | 7×4 | 8×10 | 8×9 | 4×20 | 9×8 | 4×16 | 12×3 | 3×3 |
| 9×3 | 5×8 | 3×11 | 8×6 | 8×6 | 4×6 | 4×10 | 4×8 | 3×8 | 9×3 |
| 5×3 | 2×4 | 5×4 | 3×10 | 4×2 | 8×1 | 4×5 | 2×8 | 4×3 | 1×4 |
| 7×8 | 4×8 | 12×4 | 3×8 | 8×5 | 8×4 | 4×6 | 11×3 | 6×8 | 3×7 |
| 4×1 | 10×8 | 20×4 | 9×8 | 7×4 | 4×7 | 8×10 | 8×8 | 16×4 | 2×3 |
| 3×3 | 4×9 | 8×6 | 4×6 | 5×8 | 6×4 | 4×10 | 12×4 | 3×9 | 8×7 |
| 7×8 | 3×7 | 12×3 | 3×10 | 1×8 | 2×8 | 10×3 | 3×1 | 5×3 | 4×9 |

Answer: Easter Egg

Play the memory game: <https://formtimeideas.com/memory>

Watch Newsround: <https://www.bbc.co.uk/newsround>

Would You Rather?

🔄 Would you rather be Batman or Spiderman? 👁

🔄 Would you rather have £100 to spend yourself or £1000 to give away? 👁

🔄 Would you rather have more time or more money? 👁

🔄 Would you rather hear the good news or the bad news first? 👁

Life can be a maze sometimes, but we have to keep following the track and we'll find our way.

