




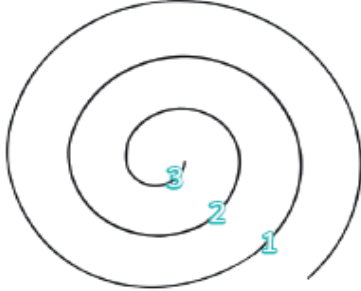


Year 2 Mindfulness Challenges

	Activity one	Activity two
Monday	<p>Close your eyes and listen very carefully. What sounds did you hear?</p> 	<p>Squeeze all of your muscles. Firstly, can you relax your hands, then shoulders, neck, tummy, legs, feet and lastly, toes?</p> 
Tuesday	<p>Listen to a song. Put your pencil on paper and draw what the music does.</p> 	<p>Walk 10 steps slowly and concentrate. What did your feet and toes do?</p> 
Wednesday	<p>Lie down with a teddy on your tummy. Breathe in and out. How does the teddy move?</p> 	<p>Draw a big spiral getting smaller. How many times did you go around?</p> 

Thursday

Keep your pencil on the paper and doodle as you breathe. Don't lift your pencil! What did you draw?



Think about a happy place. What can you see, hear, taste and smell? How do you feel?



Friday

Breathe in, out, in, out. If you think of something, wave it away and go back to your breath: in out, in, out. Can you focus on breathing for one whole minute?



Notice how you feel right now. Can you draw a picture of your emotion?

