Mindfulness
Challenge Cards



Key Card



Choose a challenge and practise it for **one minute** or more.




Look


Listen


Smell


Move


Taste

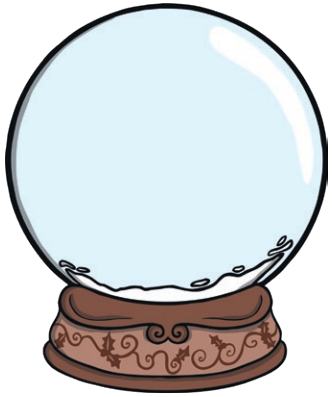

Touch or feel


Draw or write


Think

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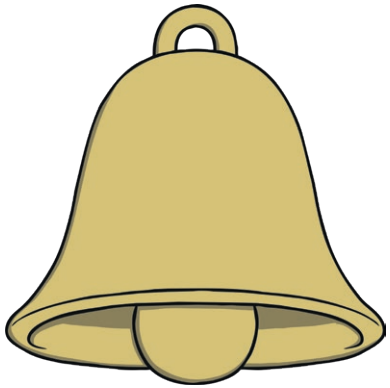
Shake a jar of glitter or a snow globe. Can you keep watching it until the last flake drops to the bottom?



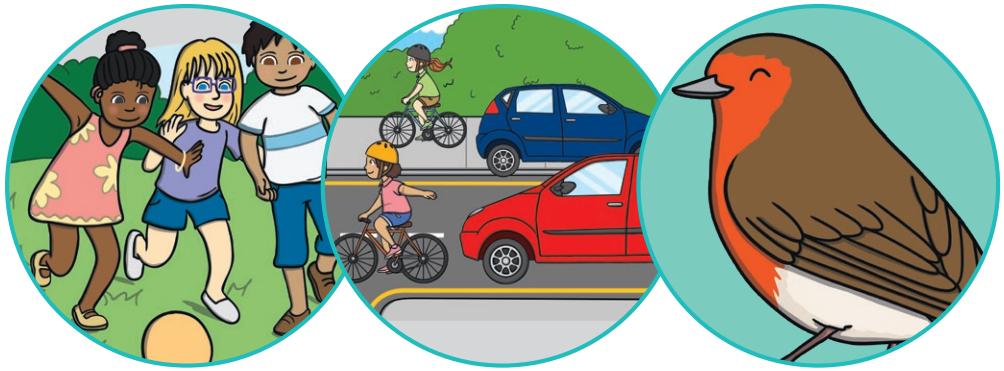


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1, 2 ,3... . Ring the bell and count as the sound fades. Which number did you get to?



Close your eyes and listen very carefully. What sounds did you hear?



Listen to a song. Put your pencil on paper and draw what the music does.



Play Musical Statues. When the music stops, close your eyes, put your hands on your tummy. Can you feel your tummy going in and out, in and out?



Mindfulness Challenge Cards

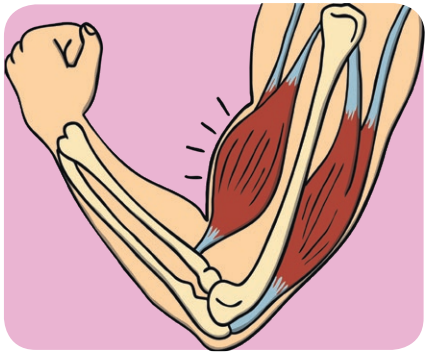
Put a leaf or flower near your nose and slowly breathe in and out. What does it smell like?



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Mindfulness Challenge Cards

Squeeze all of your muscles. Firstly, can you relax your hands, then shoulders, neck, tummy, legs, feet and lastly, toes?



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Mindfulness Challenge Cards

Walk 10 steps slowly and concentrate. What did your feet and toes do?



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Mindfulness Challenge Cards

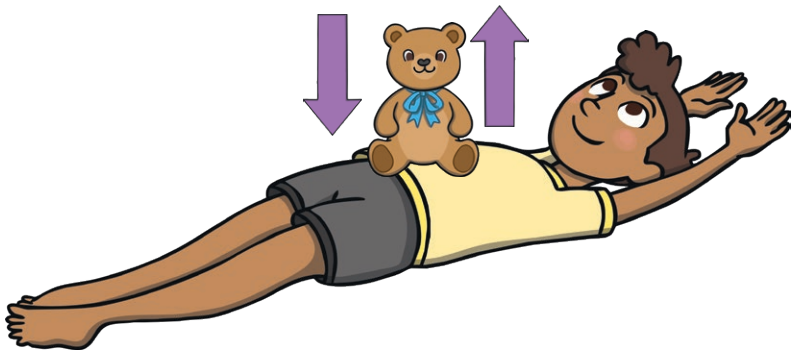
Slowly, pick up one raisin and look at it. Then, put it in your mouth and taste it. What does your tongue do?



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Mindfulness Challenge Cards

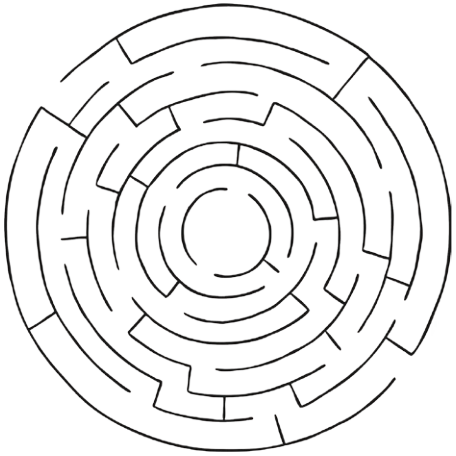
Lie down with a teddy on your tummy. Breathe in and out. How does teddy move?



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Mindfulness Challenge Cards

Try a maze. If you go wrong, it is okay. Go back and try again. Can you get to the end?



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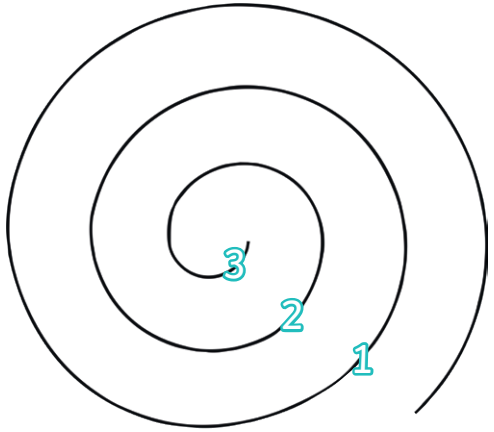
Keep your pencil on the paper and doodle as you breathe. Don't lift your pencil! What did you draw?



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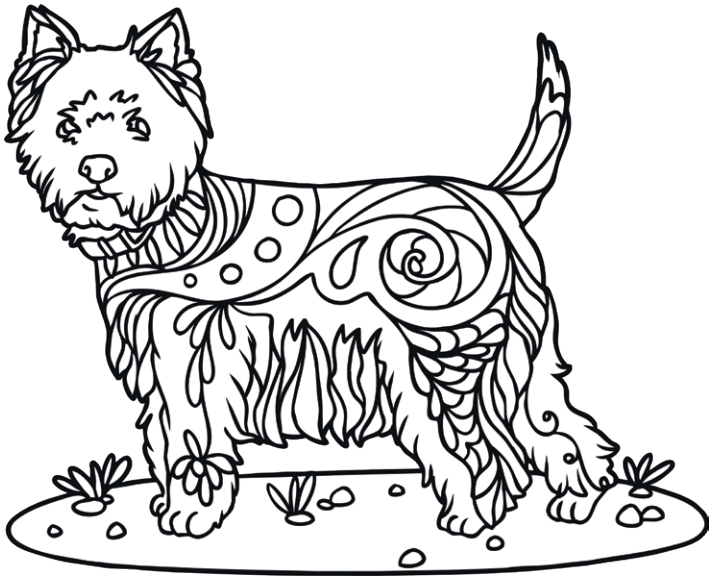
Mindfulness Challenge Cards

1, 2, 3... . Draw a big spiral getting smaller. How many times did you go around?



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Carefully, colour in a picture. Who will you give it to and why?



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



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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 think about breathing for one whole minute?



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



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