

5 Mindfulness Activities

- 1) Go on a happiness adventure - If possible go for a walk in your local area and take a picture of everything that makes you smile. Put all the pictures together to make a happiness board. Or maybe you would like to draw or paint.



- 2) Tense and release – Start at your feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing. Next squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release. Continue moving up the body for more relaxation.



- 3) Create a glitter jar – Find a jar or plastic bottle and decorate however you like. Fill the bottle up with $\frac{3}{4}$ water. Next add clear glue, food colouring and glitter. Then shake. Seal the lid and you are ready to go.



- 4) See how many jumping jacks you can do in 60 seconds. When done lie on the floor and place your hand on your heart. Focus on your heartbeat and breathing for 60 seconds.
- 5) Create a smile – Using stones, leaves or anything natural you can find create a funny face to make everyone smile.

