

Mindfulness definition for children: Mindfulness is enjoying what is happening NOW!
Mindfulness is recognising what is happening in your mind and body and doing mini activities to relax our busy brains.



Mindful May: Week 1



Vibrant Visuals

Look around the room for 1 minute in silence. What can you see? Is there anything you haven't noticed before? Any new shades of colour? Any tiny details? Look at the carpet, the ceiling and the everyday items such as pencils, rubbers and rulers. Are there any tiny scratches or marks on them? Where is the shadow falling?

Record your findings in the magnifying glasses below.

