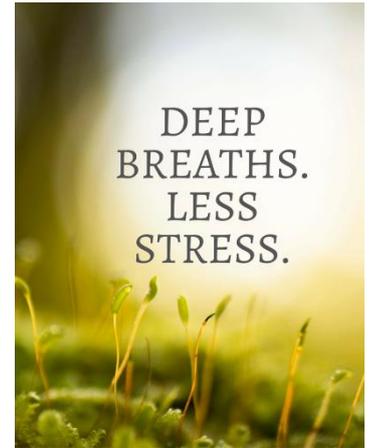


Mindfulness

is simply the process in which you focus on the present moment and clear your mind of problems and worries. Mindfulness techniques are known to help with one's well-being and to improve health in ways such as reducing stress and helping to improve sleep. It has been shown that "losing yourself" in some activity, such as being absorbed in a puzzle, colouring page or similar, can be a great way to help you relax and focus "on the moment". We know from experiencing the last lockdown that children aren't always that keen on "learning" from home and get distracted, so taking regular breaks, getting fresh air in their lungs or swapping to a mindful activity for a bit, can help you and them concentrate better.

Here's a few things to try for this week:

- ☺ 10 minutes mindful colouring (books available in most supermarkets etc and online links are good if you can print out)
- ☺ Short brain exercises, for example countdown numbers game, conundrums or word puzzles are good for KS2. There are always links online, make sure you add "primary" or KS1/KS2 to your search. **Here's one for now- How many words can you make out of the letters L C F U N I L H B can you find the 9 letter word bird name and will you see one in your garden?**
- ☺ Dot to dot books, spot the differences, mazes (see below)
- ☺ Mindful breathing <https://www.youtube.com/watch?v=HtYIQiXyrsE>
- ☺ Yoga – (see overleaf) RSPB WEEKEND SO THOUGHT WE GO FOR BIRD RELATED POSES

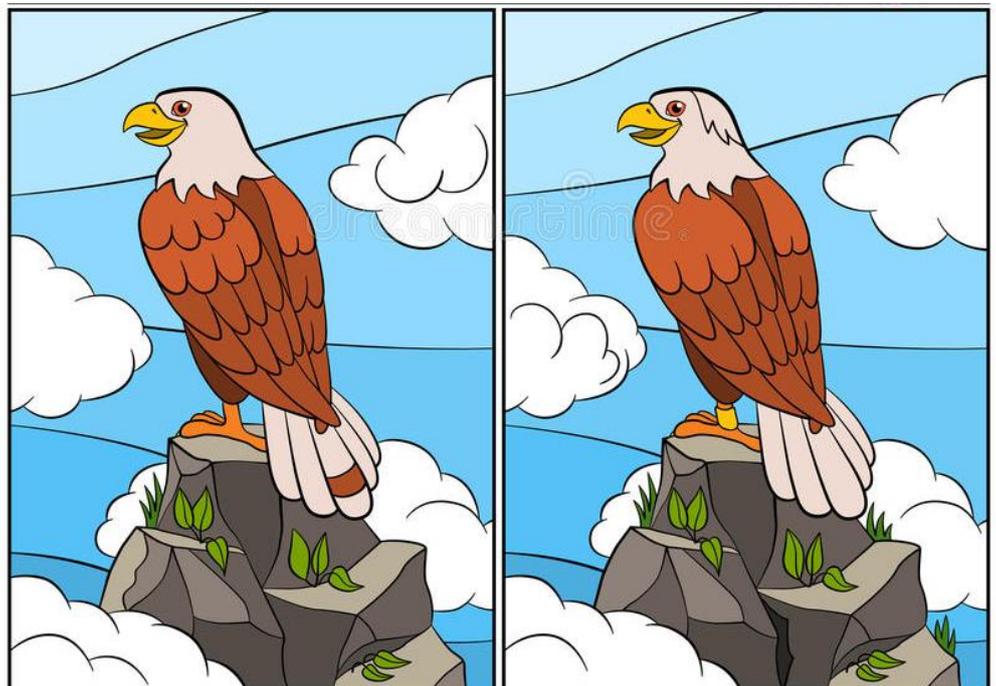


Mindful moments-

While watching for the birds this weekend, it gives us the ideal time to just "be". Sit, quiet, listen to the natural sounds around you, imagine you are a bird-where would you fly to? Visualise soaring high above, what would you see?

Manipulation game –

Can you find 12 differences in these 2 pictures?



BIRD YOGA

5 fun bird-inspired yoga poses for kids

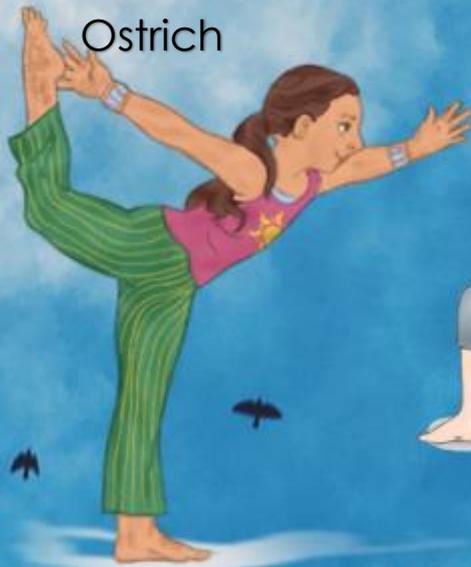
Flamingo



Stretch high like a rooster
in the morning



Ostrich



Hawk



Waddle like a penguin

