

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. (See below)
- ☺ Dot to dot books, spot the differences, mazes
- ☺ Mindful breathing
- ☺ Yoga – <https://www.youtube.com/watch?v=df7O6-Qablo>
17minutes long, suitable for all ages



Mindful moments- Try imagining your breath moving like smooth waves rolling in and out at the beach. Keep the picture of the ocean in your mind and watch the waves come in and go out. Match each breath you take with the waves in your mind. As you breathe in, imagine the waves washing in, and as you breathe out, watch them retreat.

Word search –

CHINESE NEW YEAR (12th Feb)

Can you find all the animals linked to the Chinese Zodiac?

- | | |
|----------|--------|
| Dog, | ox, |
| Horse, | tiger, |
| Pig, | sheep |
| Rooster, | rabbit |
| Dragon, | monkey |
| Goat, | snake |

```

Z R C I S B L Y Z C D E C K L
H G I V D X D K N M K H M X U
R E L D J P K A C A J J Q B K
X E O G S F M E N K X F K N J
R G G Y I X L S E G O A T Q R
R Z E I Y H L X S K C R O W X
J O R F T D C R R L L F S Y T
V J O U C N K A O R T R T P D
L P N S A I X B H V I Q G R Y
U J D K T I C B A V B H A V Q
M T K C P E O I I R U G N U M
R Y F C I G R T P R O X M H T
E A O V G F C C K N A L G T T
W G T E N S L S W X H X C F Z
N R O U Q D Y E K N O M Z D Z
  
```

