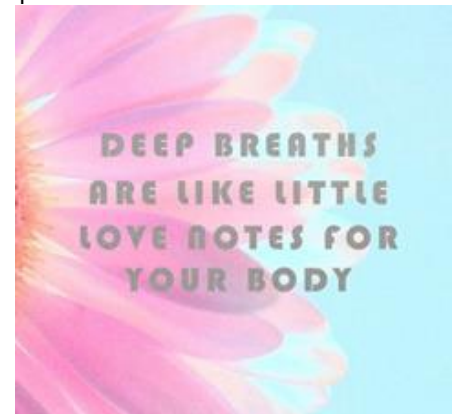


# Mindfulness

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- 100, 50, 5, 3, 10, 6 Target 826 Use the 6 given numbers and any operation(+,-,x,divide) to try to make the target number.
- ☺ Dot to dot books, spot the differences, mazes
- ☺ Mindful breathing
- ☺ Yoga



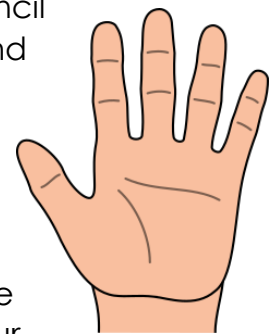
**Relaxing:**(speak slowly and calmly as you give the instructions)

Spread your hand and stretch your fingers out like a star. You can choose your left hand or your right hand. Pretend the pointer finger of your other hand is a pencil and imagine you are going to trace around the outline of your hand and fingers.

Start at the bottom of your thumb and slide your finger up your thumb, pause at the top, and then slide your finger down the other side.(Remember this is not a race, your child should be concentrating on their fingers and how it feels)

Now slide your pointer up your second finger, pause, and slide down the other side. Continue tracing your fingers up, pause, and down. Slide your finger slowly, watch your finger move and notice how it feels. Keep going until you have finished tracing your fifth finger (pinky).

Now you are ready to add some breathing. Breathe in through your nose and breathe out through your mouth. Remember to keep it slow and steady. Place your pointer finger at the bottom of your thumb, and breathe in as you slide up. Breathe out as you slide down. Breathe in as you slide up your second finger, and breathe out as you slide down. Keep going until you have finished tracing your fingers and you have taken five slow breaths. How does your body feel now?



# SPRING YOGA

\*10 easy yoga poses for kids\*



1. Say hello to the sun.



2. Pretend to be a tree.



3. Pretend to be a flying bird.

4. Pretend to be the falling rain.



5. Pretend to be planting seeds.