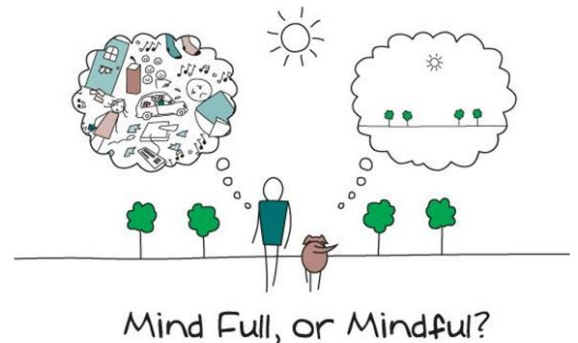


Mindfulness

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 K A L E R N D I B can you find the 9 letter word.**
- ☺ Dot to dot books, spot the differences, mazes
- ☺ Mindful breathing(see below)
- ☺ Yoga – watch on full screen 4 mins https://www.youtube.com/watch?v=cyvuaL_2avY



Mindful breathing- Square breathing <https://www.youtube.com/watch?v=YFdZXwE6fRE>

If you would rather they were not online for this here is a **script**:

First, sit in a comfortable position with your feet flat on the floor and relax your hands on your lap. You can overlap your hands, or lay separately with your palms facing up.

Now, close your eyes.

Sometimes it helps to visualize a square in your mind, now close your mouth and breath in slowly through your nose.

As you do this exercise, you can visualize each count of four being one side of the square.

(Count to four as your inhale.) **Breath in...two, three, four.**

(Now, hold your breath for a count of four.) **Hold...two, three, four.**

(Then open your mouth slowly, and slowly exhale a count of four.)

Out...two, three, four.

(Now, hold the exhale to another count of four.) **Pause...two, three, four.**

Then, you can repeat this cycle.

Ideally, you should repeat this exercise for four minutes, but two or three times will be enough to help you achieve a relaxed state, relieve tension, and settle your nerves.

This is a link to a lovely page for children especially KS1

<https://www.sesamestreet.org/caring>

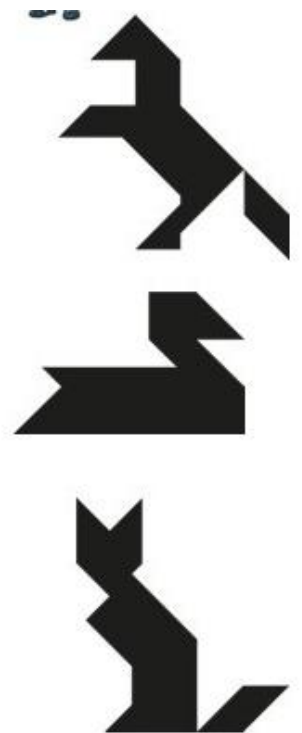
Hot Writing:

The basic gist of the activity is that your child will write nouns, verbs, adjectives or brief sentences, for a length of time, about a given theme/topic and they are not allowed to stop writing at all. If they run out of ideas they just keep re-writing the last word they wrote. If your child is reluctant, start on 2 minutes, if not, anywhere between 3-5 mins is a good starting point. The more they play the longer the time that is given.

Theme: If you can go online, use Pobble 365 it has a new photo every day, if not, try a photo/postcard or even a book cover as a prompt. You can just give them a verbal theme.

Manipulation game – TANGRAMS

Carefully cut out the shapes below, mix them up and then see if you can put them back into a square. Why not see if you can make some of these animal shapes too. You must use all 7 pieces each time



This link takes you to an online version of this game



<https://www.topmarks.co.uk/maths-games/7-11-years/shape-position-and-movement>

then scroll down to tangrams it opens a new link. (Mathigon)