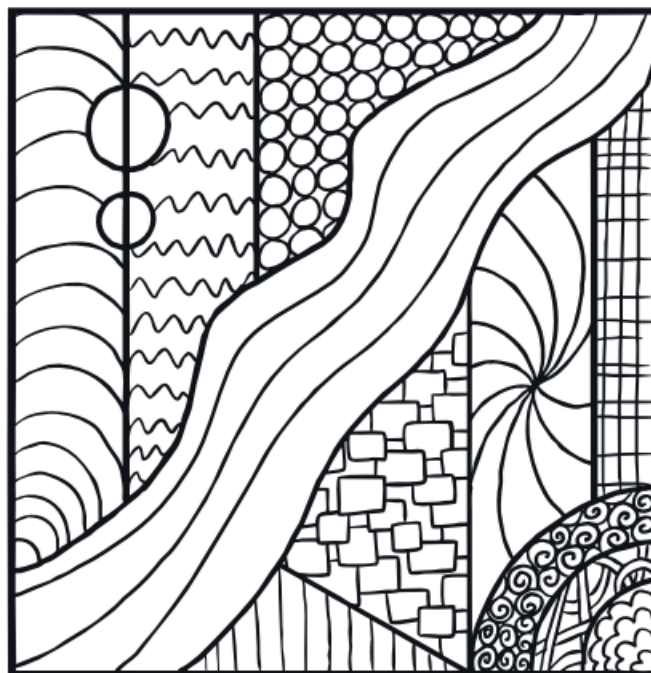


On these next few pages you will find a couple of different activities and ideas that you might want to try out. They all link to mindfulness and keeping a positive healthy mind. I hope you have all had a good week and thank you for all your efforts with your remote learning. I can not wait to see all your hard work when we are back in the classroom. Have a lovely weekend! – Miss Bosworth

## Mindfulness Doodle Art Activity

A doodle art picture is a way of creating a piece of art by filling each part of a picture with a different pattern. You can make either black and white or coloured doodle art.

Here is an example:

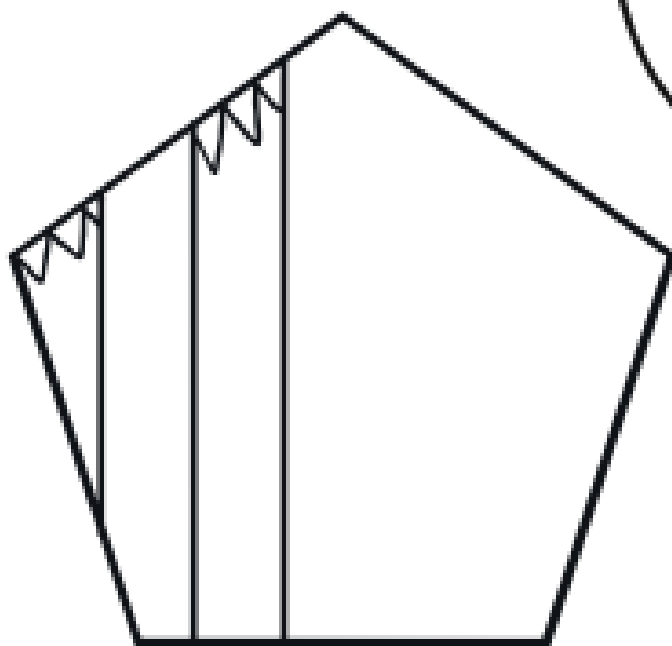


Today we are going to make our own doodle art pictures using different shapes and patterns.

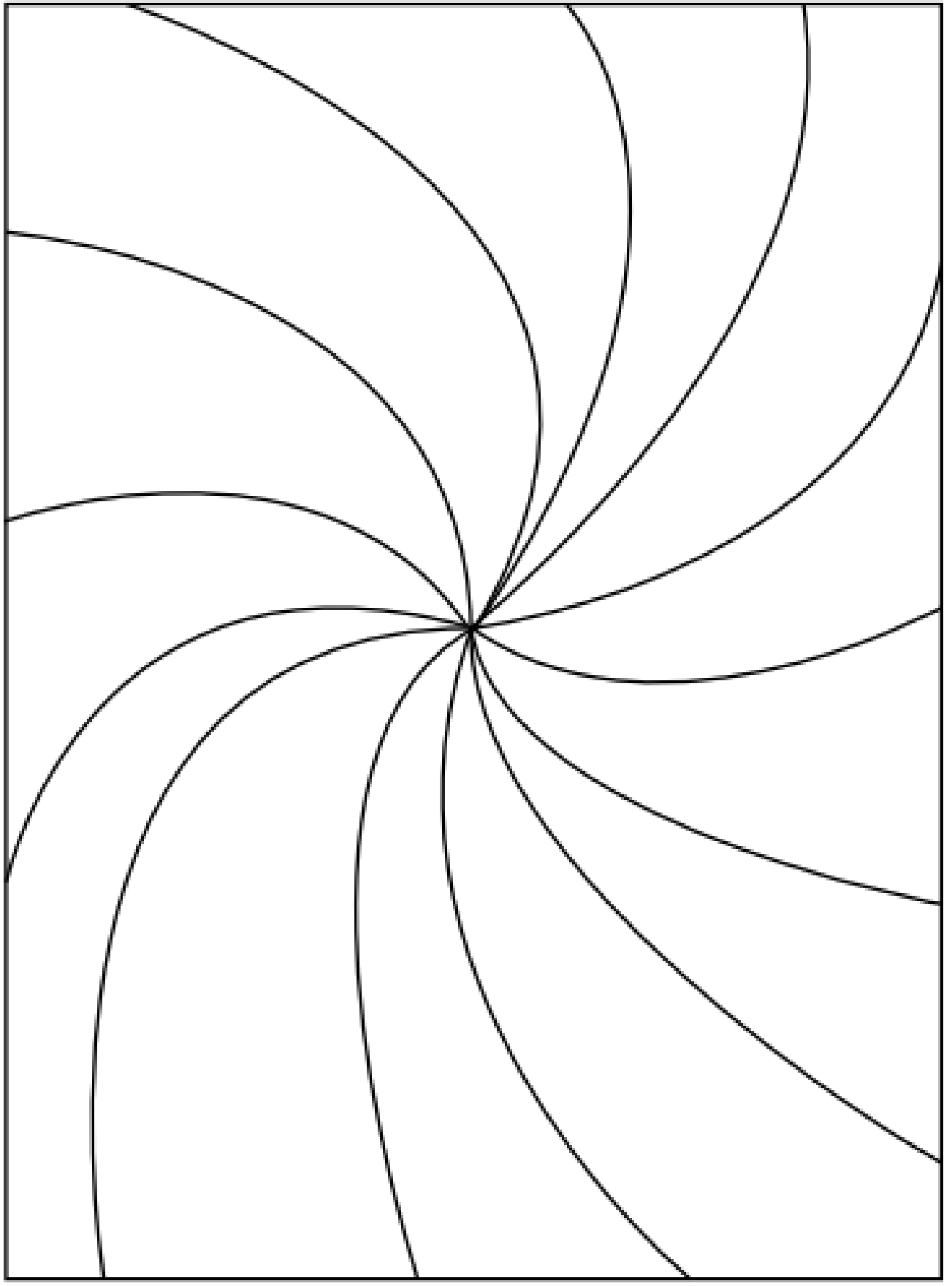
Here are some examples of patterns that you could use.

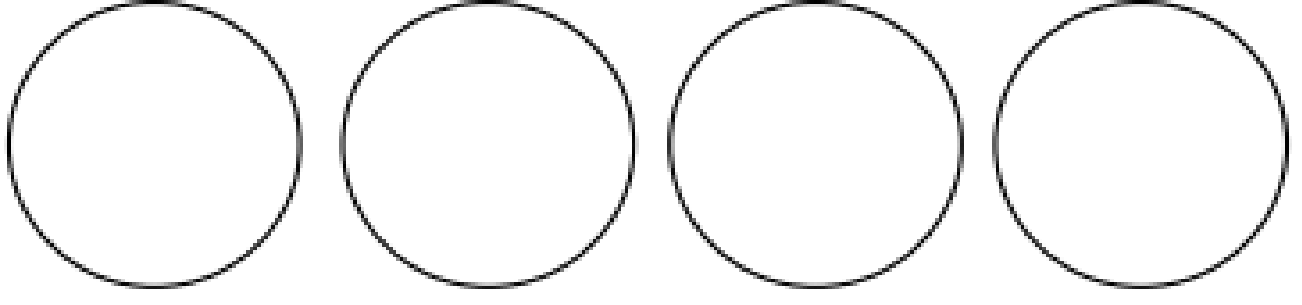
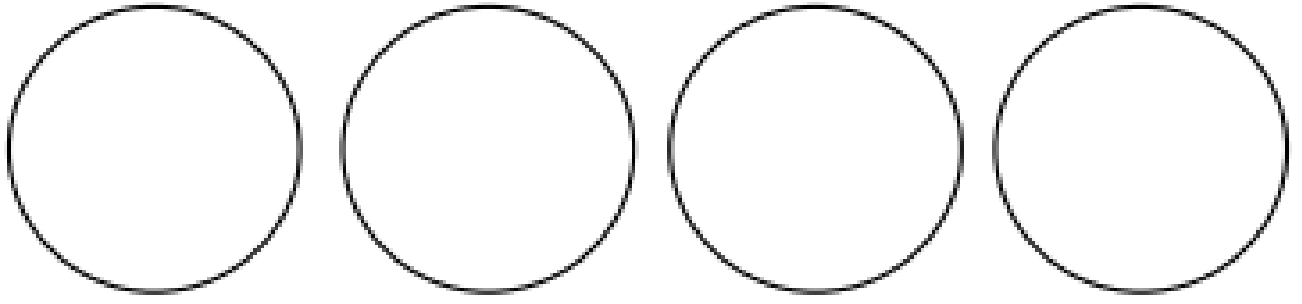
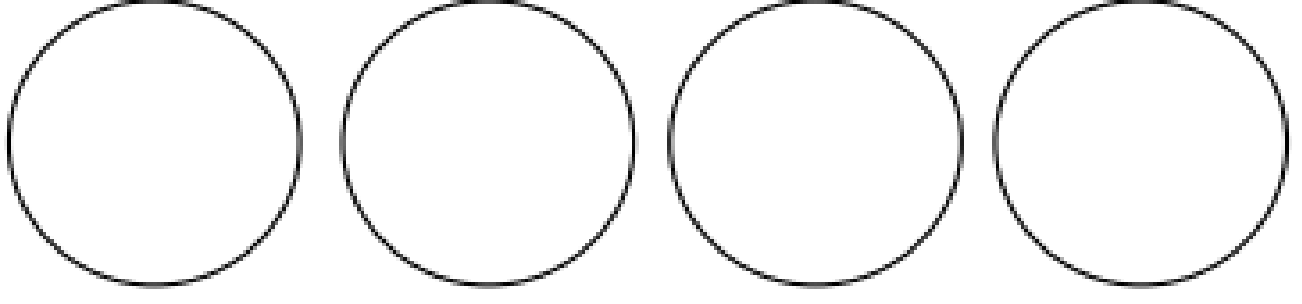
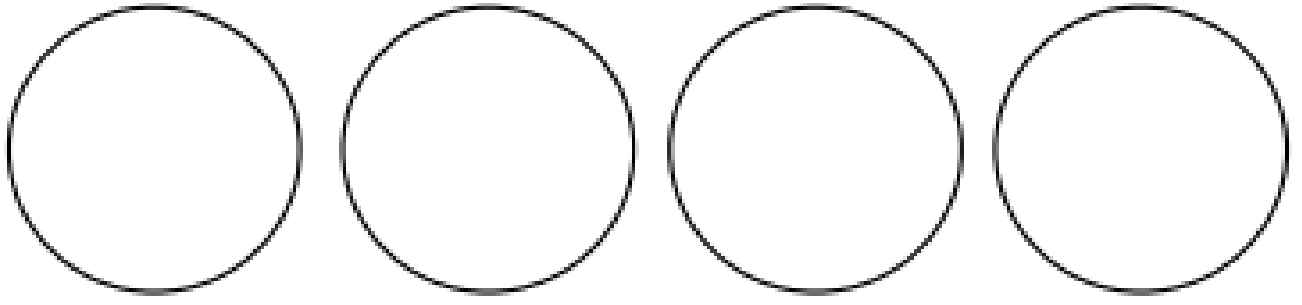
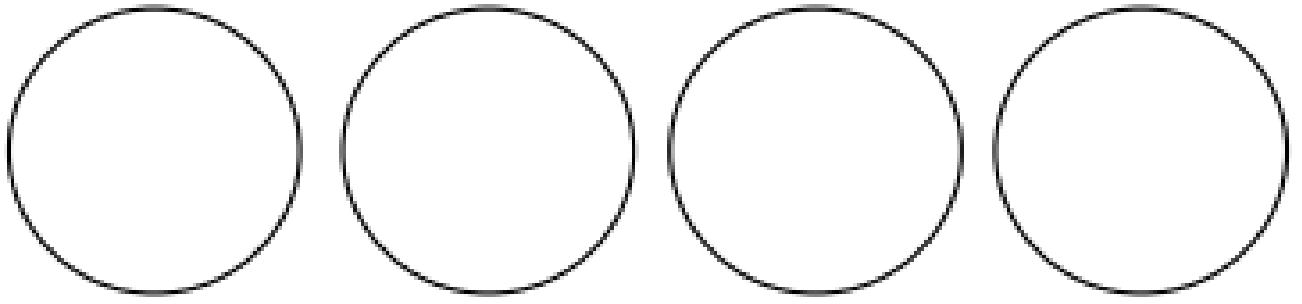


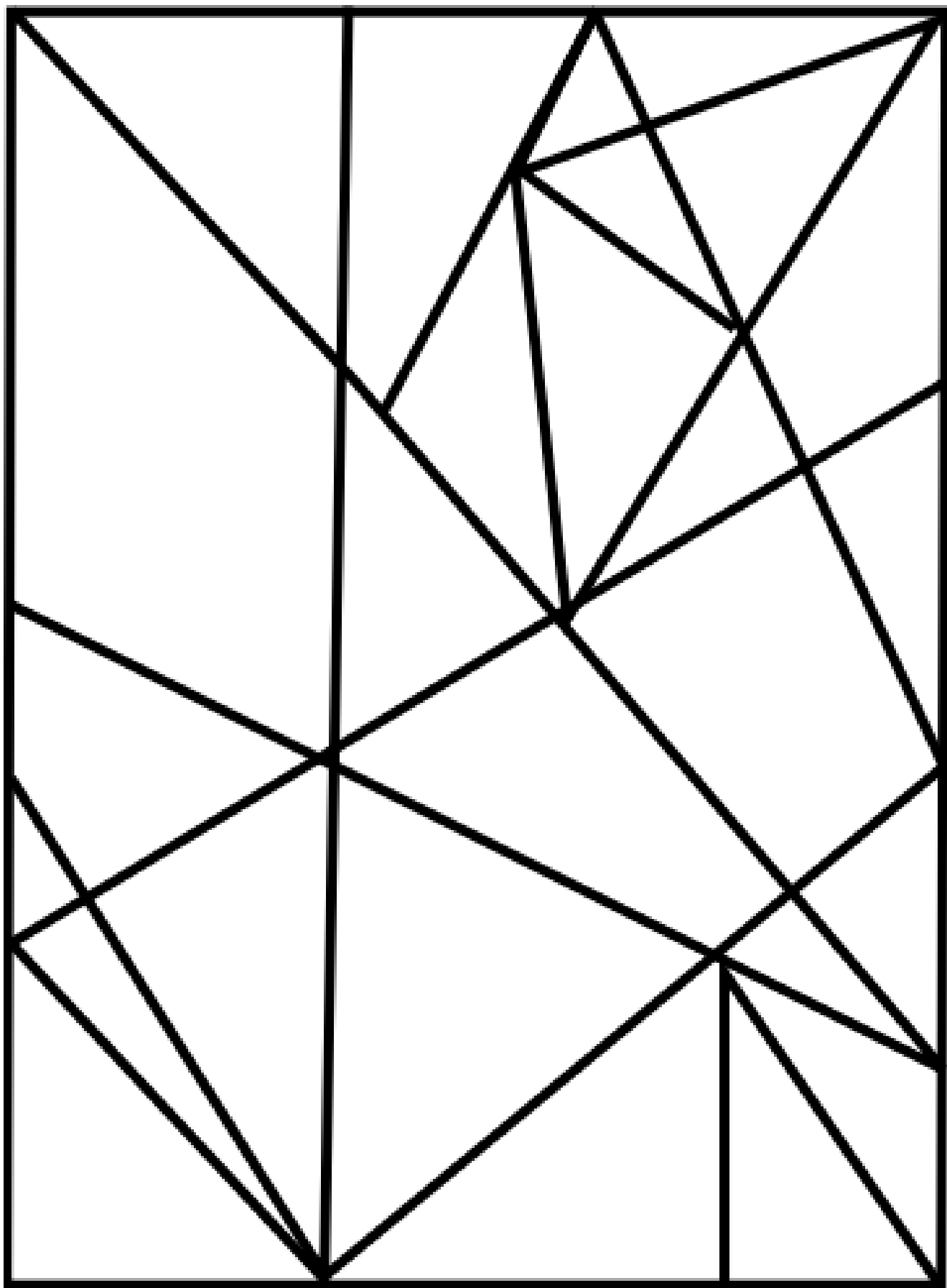
Experiment with different shapes and patterns by completing these 'trial doodles'.



Now, create your own doodle art using the templates on the following pages. You could complete one, two or even all three! Fill in each section of your chosen template with a different pattern.







Here are some mindfulness bookmarks. You might want to colour them in, or you can have a go at creating your own. Have fun!

# A Mindful Minute

Take a minute to be mindful of what is going on around you. This can help you relax.

What can you hear...  
indoors?  
outside?



What can you see...  
nearby?  
in the distance?  
when you close your eyes?



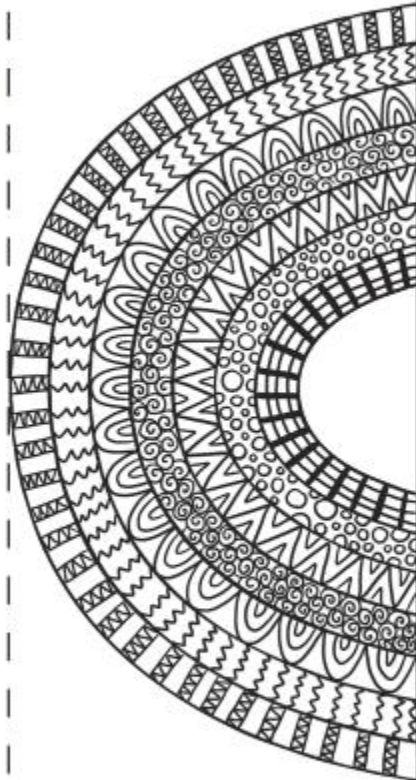
What can you smell?  
Perhaps you can smell  
perfume, cooking or a pet.  
Is it pleasant or unpleasant?



What can you feel?  
Is it rough or smooth?  
Is it hard or soft?  
Do you feel hot, cold or  
just right?



What can you taste...  
food?  
drink?  
Is it sweet, salty or sour?



# A Mindful Minute

Take a minute to be mindful of what is going on around you. This can help you relax.

What can you hear...  
indoors?  
outside?



What can you see...  
nearby?  
in the distance?  
when you close your eyes?



What can you smell?  
Perhaps you can smell  
perfume, cooking or a pet.  
Is it pleasant or unpleasant?



What can you feel?  
Is it rough or smooth?  
Is it hard or soft?  
Do you feel hot, cold or  
just right?



What can you taste...  
food?  
drink?  
Is it sweet, salty or sour?



# A Mindful Minute

Take a minute to be mindful of what is going on around you. This can help you relax.

What can you hear...  
indoors?  
outside?



What can you see...  
nearby?  
in the distance?  
when you close your eyes?



What can you smell?  
Perhaps you can smell  
perfume, cooking or a pet.  
Is it pleasant or unpleasant?



What can you feel?  
Is it rough or smooth?  
Is it hard or soft?  
Do you feel hot, cold or  
just right?



What can you taste...  
food?  
drink?



Is it sweet, salty or sour?

