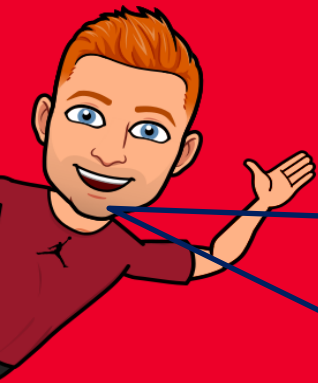


Home Learning Activities – Mindful Activities



Hi everyone! Hope you are all keeping well and staying active at home.

This week is all about doing Mindful Activities.

These activities will help you be calm and happy!

Find a calm, comfy space and enjoy!

Share your pictures and videos with us @LittleSportsCoaching

Ice like Elsa:

- Sit like the picture to the right with your legs crossed.
- You are going to be Elsa from Frozen and try to build ice sculptures.
- To do this, you will have to take a deep breathe in, and a big one out.
- Repeat this 10 times (In and out).



Weather Report:

- This time you are going to draw/colour a picture of the weather. The weather in this picture is going to describe how you feel right now.
- Think about relating colours with moods, for example if you are sad it may be dark. If you are happy it maybe bright colours and sunny.
- You can do this every day to see how your mood changes.

Home Learning Activities – Mindful Activities

Musical Statues:

- We all love this classic game! Sometimes we are our happiest when listening to music, dancing and singing.
- Have someone to be the DJ and turn the music on.
- When the music is playing you have to dance and sing (if you want to).
- When the music stops, you have to stop.
- If you don't stop in time you lose a life.
- Start on 5 lives.
- Can you swap over and let your partner have a go?



I am thankful for....

- This game is like the classic 'I went to the shop'.
- Someone starts the game by saying, 'I am thankful for' and they say something that they are thankful for. It can be something that you love, a toy, a friend etc.
- Then the next person has to say, 'I am thankful for (What you said) and then add their own thing on.
- You must keep repeating and adding more things till someone forgets what was said.
- It is a great memory game to get that mind ticking over.