Mindfulness
Challenge Cards



Key Card

 Look

 Listen

 Smell

 Move

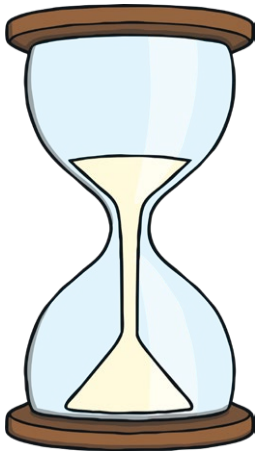
 Taste

 Touch or feel

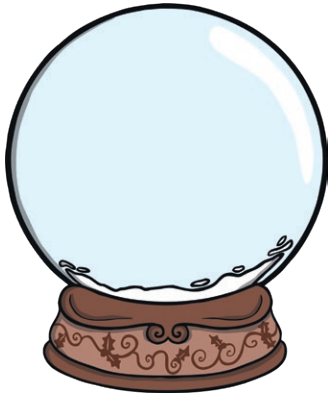
 Draw or write

 Think

Choose a challenge and practise it for **one minute** or more.

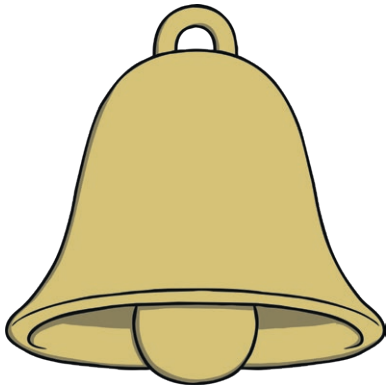


Shake a jar of glitter or a snow globe. Can you keep watching it until the last flake drops to the bottom?

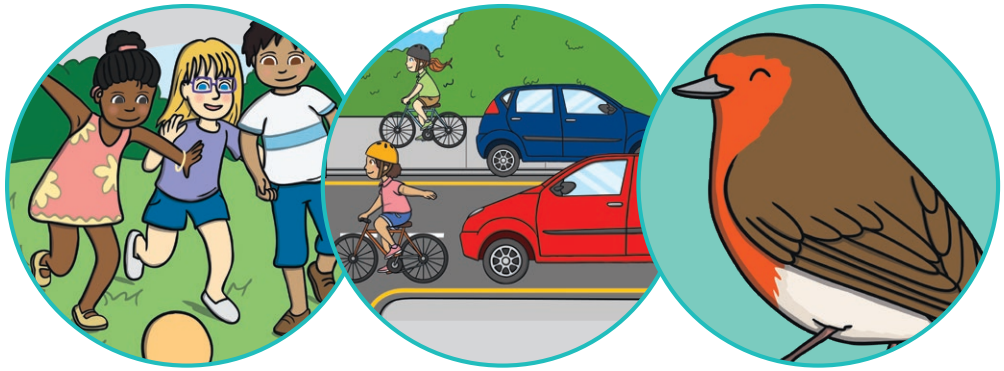




1, 2 ,3... . Ring the bell and count as the sound fades. Which number did you get to?



Close your eyes and listen very carefully. What sounds did you hear?



Listen to a song. Put your pencil on paper and draw what the music does.



Play Musical Statues. When the music stops, close your eyes, put your hands on your tummy. Can you feel your tummy going in and out, in and out?



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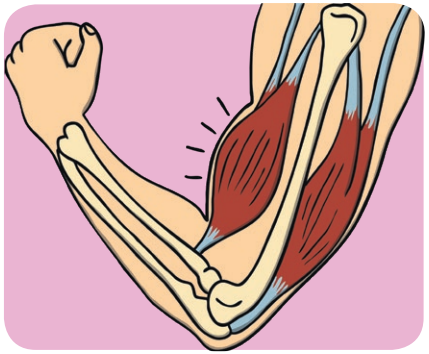
Put a leaf or flower near your nose and slowly breathe in and out. What does it smell like?



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Mindfulness Challenge Cards

Squeeze all of your muscles. Firstly, can you relax your hands, then shoulders, neck, tummy, legs, feet and lastly, toes?



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Mindfulness Challenge Cards

Walk 10 steps slowly and concentrate. What did your feet and toes do?



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Mindfulness Challenge Cards

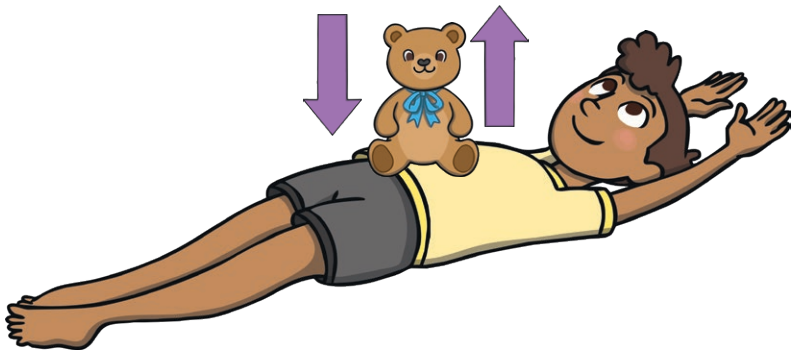
Slowly, pick up one raisin and look at it. Then, put it in your mouth and taste it. What does your tongue do?



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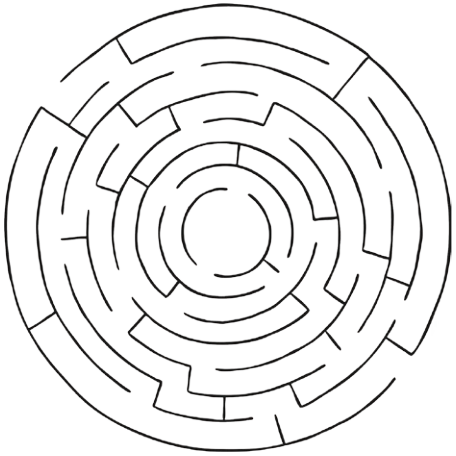
Lie down with a teddy on your tummy. Breathe in and out. How does teddy move?



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Mindfulness Challenge Cards

Try a maze. If you go wrong, it is okay. Go back and try again. Can you get to the end?



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Mindfulness Challenge Cards

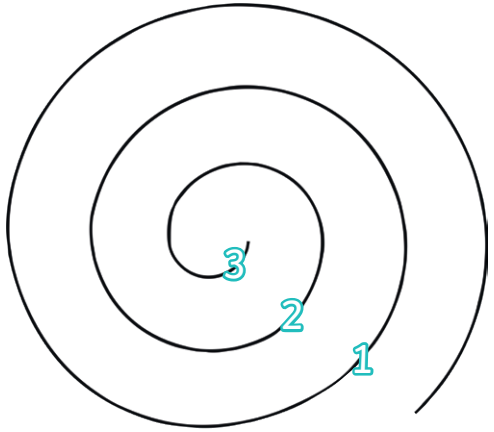
Keep your pencil on the paper and doodle as you breathe. Don't lift your pencil! What did you draw?



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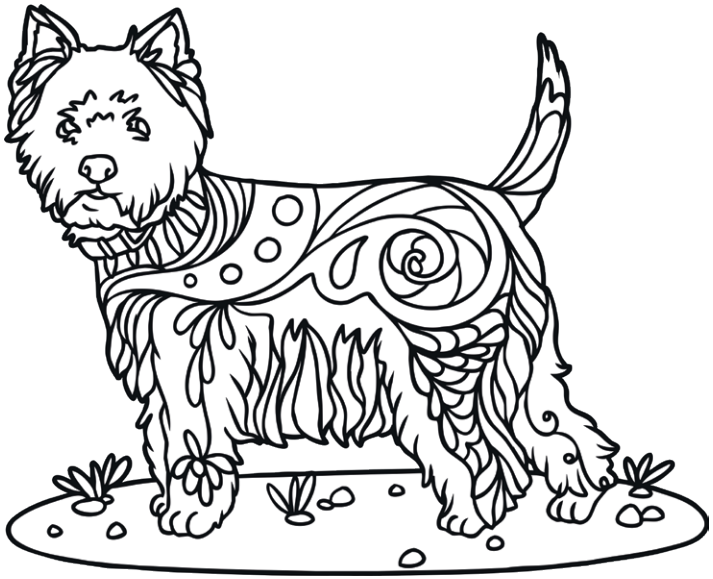
Mindfulness Challenge Cards

1, 2, 3... . Draw a big spiral getting smaller. How many times did you go around?



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Carefully, colour in a picture. Who will you give it to and why?



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Think about a happy place. What can you see, hear, taste and smell? How do you feel?



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Breathe in, out, in, out. If you think of something, wave it away and go back to your breath: in, out, in, out. Can you think about breathing for one whole minute?



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Notice how you feel right now. Can you draw a picture of your emotion?



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