

A moment to be mindful...



This week, we are going to focus on mindfulness and wellbeing.

What is mindfulness?

Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing. Being mindful is the opposite of rushing or multitasking. When you're mindful, you're taking your time. You're focusing in a relaxed, easy way.

Your task is to complete a mindfulness/wellbeing activity each day and log it in the mindfulness diary attached.

Use the diary to help you **plan, do** and **review** your daily mindfulness activity.

Plan – Choose one of the mindfulness activities to complete that day

Do – Do the mindfulness activity

Review – Review how you feel after the activity. Did you enjoy doing it? How did it make you feel once it was complete? Would you do it different next time? How?

You will find lots of activities on the 'Mindfulness and Learning Values' tab on the website (under Home Learning) and we have also provided a few more activities below. Please feel free to use your own ideas as well!

A few ideas...

- Check out the e-books on The Art of Brilliance website <https://www.artofbrilliance.co.uk/resources/ebooks/>
These short stories have themes that range from having a positive outlook, to 'the 4 minute rule'.
- Cosmic Kids
<https://www.youtube.com/user/CosmicKidsYoga>
- Draw a picture of everything you are thankful for.
- Visit 5 Minute Fun.
<https://www.5minutefun.com/wellbeing-activities-for-kids-stuck-indoors/>
There are lots of lovely ideas for you to do when you are stuck inside. A board game afternoon sounds good to me!
- Learn a new dance!
Search Kidz Bop UK on YouTube to find lots of great dance routines. This one is great! <https://www.youtube.com/watch?v=Ojblhvzvjsk>
- Watch a HeartSmart video
<https://www.verwoodfirst.dorset.sch.uk/page/?title=HeartSmart&pid=235>
- Check out the attached pdf document for lots more ideas!
- And don't forget to make use of the Mindfulness and Learning Values tab on the website.
<https://www.verwoodfirst.dorset.sch.uk/page/?title=Mindfulness+and+Learning+Values&pid=186>