

Health and Wellbeing

Mindfulness Activities EYFS/KS1

The last Flake!

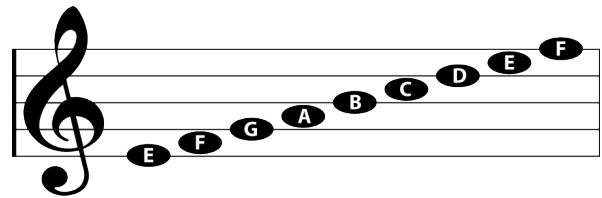
Shake a jar of glitter or a snow globe. Can you keep watching it until the last flake drops to the bottom?

Did you know you can make your own glitter jar or bottle using glitter and water? For effect you can add food colouring. Be sure to cello tape the lid on though.



What does the music do?

Listen to a song. Put your pencil on paper and draw what the music does. Does it go up and down, round and round, answer back? What does it make you think of?



Using your senses to explore smell

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



Relax with Teddy

Lie comfortably on your back on the floor. Place a teddy on your tummy. Breathe in and out. How does teddy move?

