



Tangled Feet's Mini Mindfulness Activities

1) Create Gratitude Each Mornings

Every morning when you wake up, with all of your heart, can you say three things for which you are grateful?

We say thank you for this body that lets me do lots of things.

We say thank you for the trees that give me clean air to breathe.

We say thank you for all the people that we love in the world.

What are your top three things to be grateful for?

2) Make a worry jar

Some days we can feel lots of worries bumping about in our heads.

The worries might make us feel wobbly, sad, confused, cross or a mixture of all of these.

By writing or drawing these worries it can help us to let them go.

Ask your grown up if you have a jar or a plastic tub.

Can you make the worry jar special to you by decorating it with stickers or little pictures you have drawn?

Ask your grown up to help you cut up some small squares of paper (10x10cm)

Whenever you have a worry use one of the little pieces of paper to write or draw it, focus on the worry leaving you as you write or draw it.

Now put your worry in the jar or tub.

Feel proud that you have expressed your worry and let it go.

3) Wiggle Warm Up

Stand up tall.

Start a wiggle in your toes, really concentrate on that wiggle.

Now move the wiggle to your knees, then legs, bottom, tummy, shoulders, arms and lastly fingers until your whole body is wiggling.

Keep the whole body wiggle going

Rest for 5 seconds.

Now reverse the wiggle

This time start the wiggle in your fingers, then arms, shoulders, tummy, bottom, legs, knees and lastly toes.

Enjoy the energy wiggling throughout your whole body.

Slow the wiggle down until you are still.

Take 4 deep belly breaths.

4) Being Mindful Each Day

At the end of each day can you write or draw one good thing that happened? Why was it good? How did it make you feel?

Can you write or draw one bad thing that happened that day? Why was it bad? How did it make you feel?

Can you share these things with your family?

5) **Butterfly Action**

Sometimes we can feel like we have butterflies in our tummies.

When we feel them, we can make a butterfly with our hands to help them fly away.

To start, hold your hands up, with palms facing you, near your shoulders. Move them towards each other, until the palms pass each other, and you can hook your thumbs.

Now your hands can become butterfly wings, can you fly your butterfly up high, down low and now to your heart?

Take some deep breaths as the wings flap slowly and calmly.

Let's fly our butterfly to our tummies. Now let the butterfly fly way!

(to accompany Rachel's video, available on Tangled Feet's Instagram page)

6) **How to make a paper boat in 10 easy steps**

All you need is 1 sheet of A4 paper. (to accompany Rachel's video, available on Tangled Feet's Instagram page)

1. Fold in half – make a very sharp crease
2. Fold in half again – but this time just make a little line and open up again
3. Fold one corner to the middle line that you just made. Repeat with the other corner
4. This will make a triangle with a flap at the bottom.
5. Fold the flap up then turn over and repeat on the other side
6. This will make it look like a hat!
7. Now put your thumbs in the bottom and pull to make a square (make sure you tuck in your corners)
8. Now you have your square, fold one bottom corner up. Turnover and repeat on the other side.
9. Next you put your thumbs into the bottom again and pull out
10. You might need to tuck in the sides but you should now have your boat

7) **Mindful Breathing**

This can be done using the paper boat from yesterday or you can use your favourite teddy or toy.

Can you balance it on your belly?

To start let all the air that is in your body out.

Breathe in 2, 3, 4 and then out 2, 3, 4. Watch your boat or teddy go up and down.

Do it nice and slowly, so your boat or teddy doesn't fall off!

Can you do that 4 times?

How does doing this make you feel?

(to accompany Rachel's video, available on Tangled Feet's Instagram page)

8) **Let's Blow Our Worries Away**

Sometimes we have things that make us feel a little bit sad or upset but that's ok. Let's use our paper boats that we made earlier to blow them all away! So, draw all your worries and anything that scares you on to the boat.

Lay on your tummy with your boat in front of you.

Now we use our breath to push these worries away. How far can you blow your boat away?

Once our worries have gone, we can think about the things that make us happy. Why not make another boat? But this time we draw all the things we love and our grateful for on it.

Instead of blowing it out to sea, keep this boat safe to remind you of all the things that make you happy.

9) **Big Heart Love**

Draw a big heart on a piece of paper? If its tricky ask your grown up to help you.

Think of someone who is very special to you, maybe a family member or one of your friends.

Can you fill up the inside of the heart with all the things that make them special.

Write words to describe them, what are their favourite things? Food, colours, animals, stories, films or TV programmes, hobbies.

Use their favourite colours to draw pictures and colour in the heart.

Can you deliver the heart to your special person?

10) Cloud Gazing

Have you ever noticed the clouds in the sky moving?

Go to a window or to some outside space and look up. Lie on some grass and gaze up if you can.

What are the clouds doing today? Is it sunny? Are there lots of clouds or just a few?

Can you use your imagination whilst you watch them, what shapes can you see, any animals, characters, magical creatures or things from nature?

Shout them out as you see them and then watch as they melt away and change into a new shape.

How does it make you feel to watch the clouds?

11) Lighthouse Meditation

Find a comfortable spot, close your eyes and listen to these words.

What does a lighthouse do?

It is a guiding light to help keep people safe, warn them of danger and bring them home from stormy seas.

Sometimes people can be like lighthouses.

Who are the lighthouses in your life? The people we can we talk to if we are worried, that keep us safe.

Think of these people. Imagine them as a bright light.

Can we be our own lighthouses too? Can you use things you've learnt to help yourself when things feel stormy.

With your eyes still closed, slowly take some deep belly breaths.

Let all the air that is in your body out.

Breathe in 2, 3, 4 and then out 2, 3, 4

Repeat this 4 times and as you do imagine a bright light shining out of you.

You are your own lighthouse.

12) How to make a storm jar in 10 easy steps – All you need is 1 small pot with a tightly sealed lid, water and some glitter.

1. Undo the lid of your pot
2. Fill the pot to two thirds full with water
3. Carefully sprinkle glitter into the pot
4. Fill with glitter until it covers the surface of the water
5. Reattach the lid of your pot
6. Make sure a grown up has sealed the pot shut for you so it cannot be reopened
7. Now shake your storm jar and watch the glitter move
8. Give the jar a big shake and keep watching until the last bit of glitter has stopped moving
9. Try taking some deep belly breaths as you watch the glitter settle, how does it make you feel?
10. Put your storm jar somewhere special to you, where you can play with it. It will help to settle your mind when it feels stormy.