

# Wellbeing Projects.

## Week 1- Mindfulness



Reception.

**Hello lovely Reception!**

**I'm Mrs Neale and I am going to be sending some fun activities for you to do at school and home to help you to look after your wellbeing. The activities that I send should help you to be calm, relaxed and happy.**



**This week we are going to think about being mindful and noticing the things around us.**

**Have a look at this clip by Cosmic Kids:**

**<https://www.youtube.com/watch?v=0P3Deuv8tbc>**

**Jamie is walking in the countryside noticing the sounds, smells and sights around her.**

**Go outside or sit inside, close your eyes and listen. What can you hear? Can you smell anything? Open your eyes, what can you see? How many different colours can you see?**



## Go on a colour walk.

See if you can find all of the colours in the boxes. Draw pictures or write down the items that you find. If you are home and it is raining you can do this activity inside.

|   |  |
|---|--|
|  <p>Red</p>     |  <p>Orange</p>   |
|  <p>Yellow</p>  |  <p>Green</p>    |
|  <p>Blue</p>  |  <p>Purple</p> |
|  <p>Brown</p> |  <p>Black</p>  |

Have a go at these activities...if you are school remember your rainbow rules!



**Cooking Up Connections**

- 1 Sit mindfully, with your spine straight and body relaxed. Close your eyes and take three soft, slow, mindful breaths.
- 2 Think about how you are always connected to other people, plants and animals. Let's explore these connections.
- 3 Imagine eating pancakes or waffles. To make them you often need eggs from chickens, milk from cows and flour from grains.  
You need farmers to milk the cows, gather the eggs and grow the grains in the ground.  
You need drivers to take the milk, eggs and flour to the supermarket.  
You need the people who work at the supermarket to sell the food, and your family to help you buy it. And you need somebody to cook!
- 4 Before you open your eyes, take a moment to thank all those people, plants and animals for your tasty food.  
It's easy to see how we're all connected when we eat nourishing food.

The card features a decorative border with small illustrations of fruits and vegetables. It includes a small illustration of the girl from the first card, now with her arms raised in a gesture of gratitude, and another small illustration of a delivery truck.



**Mountain Rising**

- 1 Stand straight with your feet apart, arms by your sides. Feel the bottoms of your feet planted on the floor. Keep your eyes open.
- 2 Imagine you are a mountain rising up from the ocean. Your head is the top of the mountain.
- 3 Raise your arms, fingers apart. This lifts your mountain higher. Hold this position for a moment, solid as a mountain.
- 4 Notice if you have any thoughts or worries. See them as tiny waves splashing the mountain.
- 5 Breathe in and breathe out to blow the waves far out to sea. Watch the water become calm and still around you.
- 6 Lower your arms, take a mindful breath and relax. You can stay strong as a mountain all day.

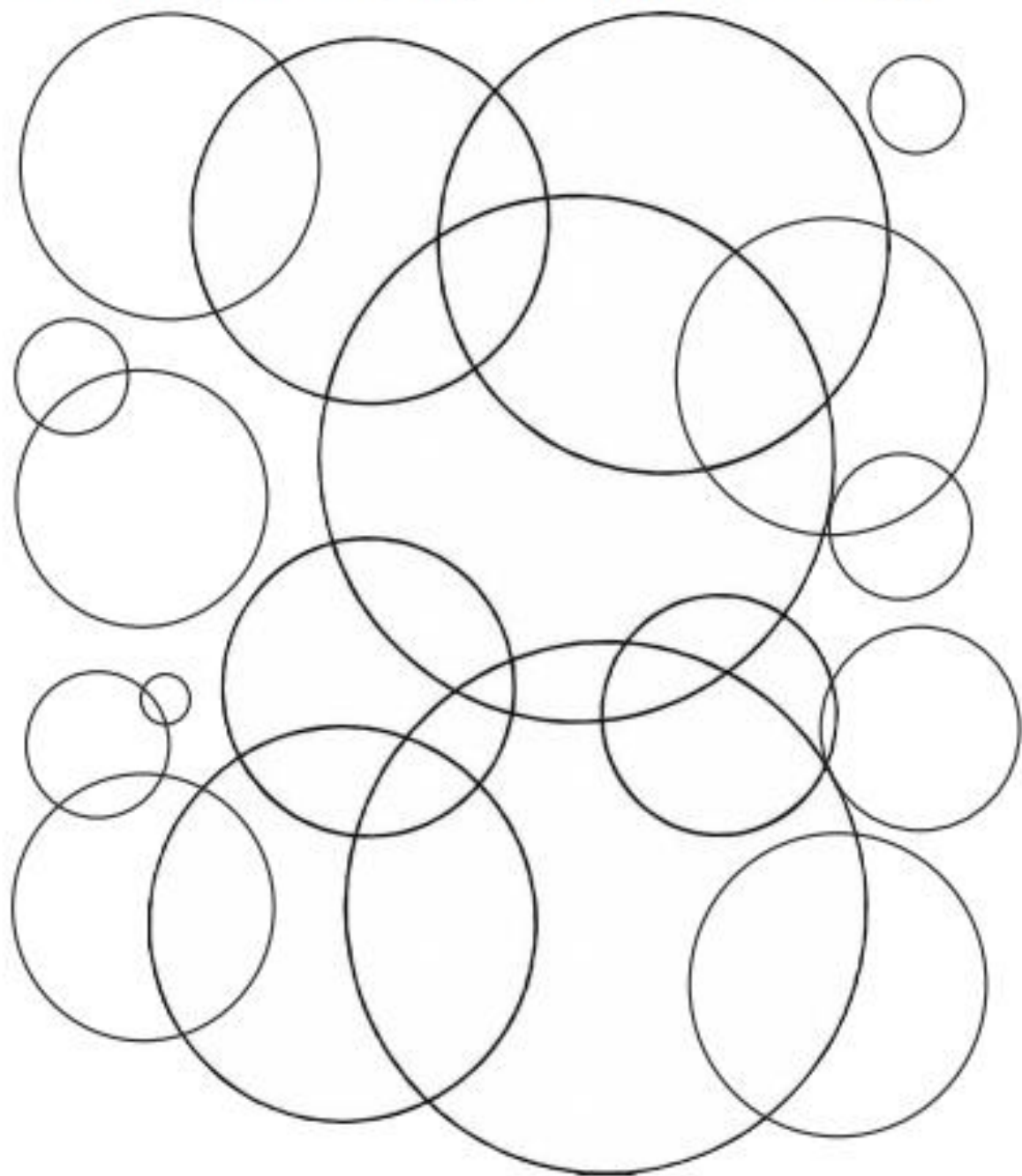
Tip: You can also try this activity seated.

The card features a decorative border with small illustrations of mountains and waves. It includes two small illustrations of the girl from the first card: one standing on a mountain and one standing on waves.

# Bubbles of Gratitude

## Mindfulness Colouring

These are bubbles of gratitude! As you colour each bubble, think of something that you are grateful for. It could be something big or something very small, something that you experience often or something that has just happened once. Thinking of these things helps make us feel calm and happy.



Finally, I know how much you all enjoy the story *The Day the Crayons Quit* so here is the next story *The Day the Crayons Came Home* by Books Alive.

<https://www.youtube.com/watch?v=XKmJ2NRhcg0>

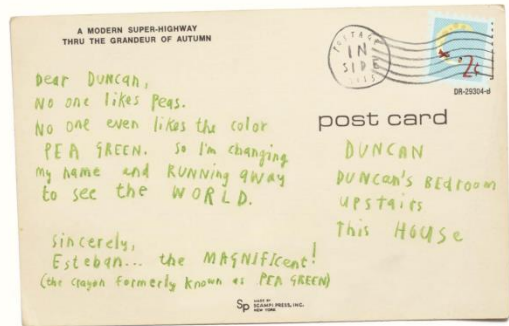
# The DAY the CRAYONS Came HOME



DREW DAYWALT

OLIVER JEFFERS

From the CREATORS of the #1 BESTSELLING THE DAY the CRAYONS QUIT



I hope you've had a relaxing afternoon.

Love Mrs Neale