

# Mindfulness

"IF YOU HAVE GOOD  
THOUGHTS, THEY WILL  
SHINE OUT OF YOUR  
FACE LIKE SUN BEAMS  
AND YOU WILL ALWAYS  
LOOK LOVELY."



<http://kidsrelaxation.com/all-relaxation-activities/worry-bubbles/activities/worry-bubbles/>

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



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



Fill a page with lots of wiggly lines and then colour in the spaces in all of your favourite colours. You could play some mindful music as you create your art work.

<https://www.youtube.com/watch?v=qeLu68qXzps&list=RDGBexfwe->



<https://www.youtube.com/watch?v=bySkY53P6c>