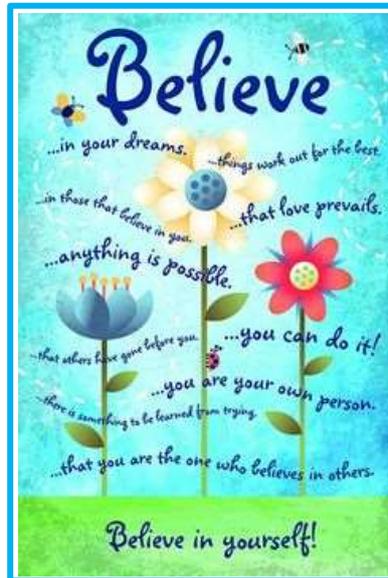


Mindful Monday – Week 7

Creative ways to support wellbeing



Mindful Posing

One easy way for children to dip their toes into mindfulness is through body poses. To get your kids excited, tell them that doing fun poses can help them feel strong, brave, and happy.

Have the kids go somewhere quiet and familiar, a place they feel safe. Next, tell them to try one of the following poses:

1. The Superman: this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible.
2. The Wonder Woman: this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips.

Ask the kids how they feel after a few rounds of trying either of these poses.

You may be surprised.

<https://www.kidsyogastories.com/superhero-yoga-for-kids/>



<https://soundcloud.com/katie-doherty-858495761/1-2-breathe/s-OfIaSUXLOU1>



Craft activities to support your wellbeing.

Make a Stress Ball

Stress balls can be a useful tool for calming down when you have an uncomfortable or unexpected feeling. You can buy them from the shops, but it is much more fun to make your own using a balloon and filling it with flour, rice, lentils or cornstarch. It's a bit tricky and can get a bit messy so it's best to have help from a grown up. Here are some video tutorials showing the different ways to make them. Once you've made one, you may decide to make some for your friends and family!

<https://www.youtube.com/watch?v=ndp2gg6wveM> (cornstarch)

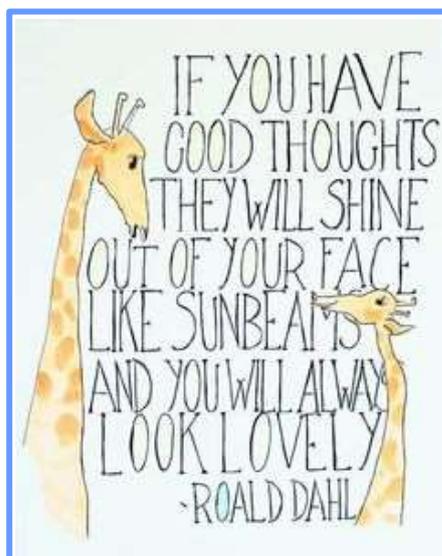
<https://www.youtube.com/watch?v=U10VqFHp3zg> (flour)



Worry Stones

A worry stone is usually a pebble, smooth rock or semi-precious stone that is held by an adult or child when they feel anxious and need to be grounded in present the moment. There are many different designs and textures available but you can easily make your own with salt dough, oven bake clay (Fimo or Sculpey) or Mod Roc.

<https://www.youtube.com/watch?v=vxU3tKvkyp>





DRAWING CHALLENGES FOR KIDS

1. Draw a cover for your favourite book
2. Draw a dinosaur in modern times
3. Draw something you can see right now
4. Design a robot to help you with some tasks
5. Make a picture, using three colours only
6. Draw a fantastical animal
7. Design your coat of arms
8. Draw a short comic
9. Make a zentangle doodle
10. Engineer an amazing treehouse
11. Draw your name in fancy letters
12. Make a drawing in the style of your favourite cartoon
13. Draw what happiness looks like
14. Draw yourself if you lived a long time ago
15. Draw an imaginary friend
16. Draw an underwater world
17. Go outside and draw something there
18. Draw yourself ten years in the future
19. Make a treasure map
20. Design a cool invention
21. Draw a house inhabited by tiny people
22. Make an impromptu squiggle, then turn it into a drawing
23. Draw an animal with superhero abilities
24. Draw your preferred mode of transportation
25. Draw your favourite season
26. Draw your ideal pet
27. Draw a fairy based on your favourite flower
28. Design a perfect birthday cake
29. Draw your dream travel destination
30. Draw yourself dressed in an extravagant costume
31. Draw an anthropomorphic vehicle
32. Draw an amazing ride in an amusement park
33. Draw life on a different planet
34. Design a new statue for the city/town you live in
35. Draw the most beautiful flower
36. Draw a ship that would take you on a trip around the world
37. Draw a landscape of a magical world
38. Make a draw-by-number picture
39. Draw the things you would pack for an adventure
40. Draw your friends as a team of superheroes
41. Draw a house of a wizard
42. Draw an animal dressed in historical attire
43. Design a maze
44. Draw a memory from when you were very small
45. Design a new video game
46. Engineer a bridge that will connect two islands together
47. Draw a castle for yourself
48. Draw a tree that bears something unexpected
49. Make a drawing in a cave-art style
50. Draw a logo for a business you would like to start
51. Make a drawing just with dots
52. Draw your favourite recipe

