

Mindful Monday – Week 9

BE BRAVE
BE CREATIVE
BE KIND
BE THANKFUL
BE HAPPY
BE YOU

Happiness Coaching Action

For Happiness has created a 10 day coaching challenge which takes you through different ways to celebrate the positives in your life. It is a free programme and you will need to sign up with your name and email address. Click the link to sign up to your virtual coaching service. <https://10daysofhappiness.org/>

This week Miss Katie helps you to love your body

<https://soundcloud.com/katie-doherty-858495761/loving-your-body/s-uMAFDC91x0B>



TRANSPORTATION YOGA



I am a boat.
BOAT POSE



I am a surfboard.
PLANK POSE



I am a sailboat.
TRIANGLE POSE



I am a train.
STAFF POSE



I am a motorbike.
LUNGE POSE

Create a **GLITTER JAR**

- ★ Finding a jar or plastic bottle and allow your child to decorate it however they like.
- ★ Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
- ★ Seal the lid and you are ready to go.



Cross Crawl

This is a type of cross lateral movement that involves using opposite arms and legs. It includes activities such as crawling, walking, running, and swimming. Opposition means that opposite sides of the body work together to coordinate the right arm and left leg, then the left arm and right leg. These activities are widely used in occupational therapy but they are great for your overall wellbeing because they energise your body, release tension and calm your mind. Click the link below to find some examples. You may also want to create some of your own routines or

sequences that include some of these movements.

<https://heartsatplay.com/the-cross-crawl-a-remarkable-movement/>



Mindfulness Scavenger Hunt

Relax and Focus on The Moment

1



Smile



Breathe In



Breathe Out



Count The Lines On Your Hand

2



Smile



Breathe In



Breathe Out



Count The Curves On Your Ears

3



Smile



Breathe In



Breathe Out



Count The Bumps On Your Lips