




Mindful Monday – Week 11

You are
AMAZING.
You are
IMPORTANT.
You are
SPECIAL.
You are
UNIQUE.
You are
KIND.
You are
PRECIOUS.
You are
LOVED.


Just One Breath

BREATHING ACTIVITY




Find a relaxing place, sit comfortably, and set a timer for one minute.


Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.



Take another slow deep breath, imagine the air moving down into the lungs and back up.



Take one more deep breath and hold for a moment, then release it.



Go on a SAFARI

Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.



Notice the bugs or the birds. Take a moment to kneel down and touch the earth.

Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.



<https://soundcloud.com/katie-doherty-858495761/dragonfly/s-s6wSCNUbY61h>



This week's meditation from Miss Katie



Kids love riddles. Riddles not only provide fun, but also help children learn to think and reason. Try a riddle a day. How about testing your parents?

Q1: In a one-story pink house, there was a pink person, a pink cat, a pink fish, a pink computer, a pink chair, a pink table, a pink telephone, a pink shower – everything was pink! What colour were the stairs?

Q2: What can run but never walks, has a mouth but never talks, has a head but never weeps, has a bed but never sleeps?

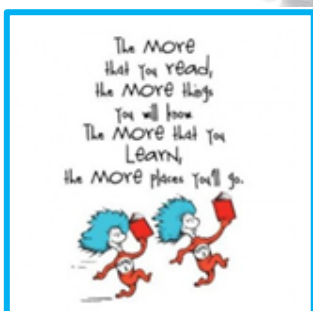
Q3: What comes once in a minute, twice in a moment, but never in a thousand years?

Q4: Two mothers and two daughters went out to eat. Everyone ate one burger, yet only three burgers were eaten in all. How is this possible?
























Q5: Using only addition, how do you add eight 8s and get the number 1,000?

Q6: If you multiply me by any other number, the answer will always remain the same. What number am I?

Q7: A man was taking a walk outside when it started to rain. The man didn't have an umbrella, and he wasn't wearing a hat. His clothes got soaked, yet not a single hair on his head got wet. How could this happen?



© The Mum Educates

30 Day Fitness Challenge				
<p>Do 10 star jumps.</p> <p>Day 1 </p>	<p>Hop around like a frog for 20 seconds.</p> <p>Day 2 </p>	<p>Touch your toes 10 times.</p> <p>Day 3 </p>	<p>Balance a ball on your head.</p> <p>Day 4 </p>	<p>Spin in a circle for 10 seconds.</p> <p>Day 5 </p>
<p>Walk like a crab for 1 minute.</p> <p>Day 6 </p>	<p>Stretch as high as you can.</p> <p>Day 7 </p>	<p>Choose a song and create your own dance routine for the song! Perform it in front of your family.</p> <p>Day 8 </p>	<p>Pick up a ball from floor without using your hands.</p> <p>Day 9 </p>	<p>Take 10 giant steps.</p> <p>Day 10 </p>
<p>Balance on one leg for 30 seconds.</p> <p>Day 11 </p>	<p>Do 6 cartwheels.</p> <p>Day 12 </p>	<p>Lay on your back and peddle your legs like you are on a bike.</p> <p>Day 13 </p>	<p>Skip the rope for 1 minute.</p> <p>Day 14 </p>	<p>Make your own hopscotch. Play it for 1 minute.</p> <p>Day 15 </p>
<p>Stretch like a cat. Do it 5 times.</p> <p>Day 16 </p>	<p>Do an egg and spoon race with your sibling.</p> <p>Day 17 </p>	<p>Dance like a chicken for 1 minute.</p> <p>Day 18 </p>	<p>Walk backwards 10 steps and then skip back.</p> <p>Day 19 </p>	<p>Do 10 squats in 30 seconds.</p> <p>Day 20 </p>
<p>Wiggle like a worm for 20 seconds.</p> <p>Day 21 </p>	<p>Do Yoga for 10 minutes. You can find videos on YouTube.</p> <p>Day 22 </p>	<p>Tiptoe for 15 seconds.</p> <p>Day 23 </p>	<p>Throw a ball in the air and catch it. Repeat 10 times.</p> <p>Day 24 </p>	<p>Shake your arms and clap your hands. Do this 5 times.</p> <p>Day 25 </p>
<p>Create your own obstacle course and time yourself doing it!</p> <p>Day 26 </p>	<p>Do gorilla shuffle for 15 seconds.</p> <p>Day 27 </p>	<p>Lay on the floor. Lift your arms and legs above the floor for 10 seconds.</p> <p>Day 28 </p>	<p>Balance a book on your head for 15 seconds.</p> <p>Day 29 </p>	<p>Do 10 sit ups in one minute.</p> <p>Day 30 </p>

Answers to the riddles

A1: There weren't any stairs, it was a one-story house.

A2: A river.

A3: The letter M.

A4: They were a grandmother, mother, and daughter.

A5: $888 + 88 + 8 + 8 + 8 = 1000$.

A6: Zero.

A: The man was bald.

