







# 30 Day Mindfulness Challenge at Clore Shalom

On a day where there is blue sky and some clouds, watch how the clouds move across the sky. Look to see what shapes the clouds look like. Can you see any pictures in the clouds?		Lie on your back and put a soft toy on your tummy. Breathe in and out slowly and deeply and concentrate on the way your toy rises and falls with your breathing. Repeat 10 times.	Close your eyes and ask someone to pass you an object you can hold in your hands. Touch the object and describe it to your partner, all with your eyes closed.	Go for a walk with an adult. Notice all of the different colours you can see around you.	Eat some food. While you are eating, slow down and think of all your senses. Look – what does it look like? Smell it and think what it smells like. Think about what it feels like in your mouth, what does it taste like? Can you hear it as you chew? What does it sound like?
Play your favourite song and dance to it in whatever way you like. Make sure you make some space and you give your full attention to the music.	Have a mindful bath. Get an adult to help you run a bath or take a shower with lots of bubbles and/or scents from bath bombs. Adjust the light to mood light (and only if an adult is there, put some candles carefully around the bathroom). Feel the warmth of the bath on you and notice how it makes you feel.	Kick a ball up and around. Notice how it feels when your foot hits the ball. What does it sound like? How do you feel when you run after it?	Blow bubbles 'slo-mo' style. Take a big deep breath in through the nose and out through the mouth to fill the bubble as slow as possible.		Skip! Skip around the room, around the house, down the road to the shops, holding hands with an adult. Notice the wind in your hair, the sound of your feet on the floor, feel the smile on your face. Depending on your confidence, skip somewhere in private or maybe a little busier like a shopping centre or park.
Do some mindful colouring. These can easily be printed from online.	Do some physical exercise e.g. run around the garden, ride your bike, play football, do a dance, set up an assault course to go around.	Sit in a room with your eyes closed. Ask an adult to spray a perfume or body spray at the other side of the room. Keep your eyes closed and notice the exact moment when the smell reaches you.		Drop anchor: Stand up tall. Push down through your feet and feel the ground beneath you. Notice how your leg muscles feel.	Do some mindful colouring. These can easily be printed from online. Notice 5 things you don't usually appreciate. Consider where they come from and say thank you for those things or take a moment to appreciate them e.g. the postman delivering your post, the electricity that turns on your TV, the milk on your cereal, your ears that let you hear... etc. Find out about the 5 things you have chosen, where they come from, how they are made etc.

	<p>Lie next to someone. Can you feel their heartbeat? Is it faster or slower than yours? Can you get your breathing to fall in pattern with theirs?</p>	<p>Write a diary about or draw some pictures of your day. Include how different parts made you feel.</p>	<p>Try a grounding technique Name... 5 things you can see 4 things you can hear 3 things you can feel 2 things you can smell 1 thing you can taste</p>	<p>Make a mindfulness jar with water, glitter, PVA glue and food colouring. Watch the glitter settle when you move/shake the bottle. Get an adult to check it has been sealed properly.</p>	<p>Create some poses with your body – 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.</p> <p>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</p>
<p>Explore a mindfulness app. Try Sesame Street Breathe or Stop, Breathe and Think Kids.</p>	<p>Stare at any object and try to stay focused on it for as long as possible. When your mind wanders, re-focus on the object. How long can you stay focused for? Can you beat that another time?</p>		<p>Choose a piece of chocolate you wouldn't normally eat. Break off a piece and look at it, breathe in and let the smell sweep over you. See if it's possible to hold it on your tongue and let it melt.</p>	<p>Listen to some music and see how many instruments you can hear.</p>	<p>Wherever you are, just stop and look around. Become aware of everything your senses pick up. What can you see? Hear? Smell? Taste? Feel? Repeat somewhere else at another time.</p>
<p>Play a musical instrument. Notice what different types of sounds you can make with it.</p>	<p>Write your name using as many different colours and styles as you can e.g. bubble writing, swirly writing, backwards writing, capital letters etc. Can you make a piece of art out of your name?</p>	<p>Be still and silent for 1 minute. Use a timer to help you know when the time is up,</p>	<p>In the bath or shower, start by humming or whistling your favourite tune. Then start to sing it louder and louder. Use the shower or sponge or similar as a microphone and rock it!</p>		<p>Lie comfortably on your bed or the floor. Tighten the muscles and then relax them on each part of your body, one part at a time starting from your toes, then to your lower legs and each part of your body all the way up to your forehead.</p>

Younger children may need support to understand these challenges but should be able to join in with them all. Please support them to read and understand them so they can access this and take part too.

We would love to hear feedback on how you have got on with this challenge. Please send any pupil or parent voice/comments to Mrs Lax via the admin email account with the subject: 30 day Mindfulness Challenge. Please feel free to share this with friends and family and get everyone involved.