

Mindful May

Bubble Balloon Game

Have fun playing this mindful game. All you need are a couple of inflated balloons and you're all set! This game can be played by yourself or with others.

The aim of the game is to keep the balloon off the floor. You may have played this game before **but this time** try to focus on **gentle movements**.

Pretend that the balloon is a bubble that might pop, so **you have to tap it delicately.**

Once you have mastered one balloon, try including more!



Shifting cloud shapes

All you need to do for this **peaceful activity** is to take a moment and look at the sky! Get yourself comfortable - lie down outside or gaze out of your window. Once you are relaxed, look at the clouds (**taking care not to look directly at the sun**). Can you see any shapes in the clouds? What can you see? *Once I saw a cat sitting on a marshmallow!* Think about how the clouds change as they move along.

Shhh! Listen to the quiet or the sounds around you.

The Worry Box

Imagine that you could put your worries into a worry box and close the lid.

What do you think should happen to them? Where would they go? Would anyone look at them? If so, who would it be? What would they do with them?

Draw or write about what happens.

Meditation

This activity will help you relax and be ready for the day!

Pick 3 of your favourite meditation videos.

Remember your meditation will need to be somewhere quiet and comfortable!



Brain Break Breathing!

This activity will help you stay calm and focused.

Rainbow Breaths

Stand with your feet shoulder width apart, arms gently resting by your sides. Slowly raise your arms and take a deep breath in. Try to breathe in until your hands reach each other over your head. Breathe out slowly while lowering the hands. Can you visualise the beautiful rainbow you are making? Repeat these steps 5-10 times. Each time you breathe in imagine you are adding to your rainbow. Once your rainbow is complete slowly open your eyes.