

Enjoy 10 fun and creative mindfulness activities that are designed to encourage students to stop, reflect, and be completely calm and present in the moment.

Ideal for classroom quiet time or when the students might get a little restless, these activities can be easily added into your daily lessons and help with memory, focus, overall well-being, and self-awareness.



1. Pinwheels

For this activity you'll need:

- Create Your Own Pinwheel activity (see worksheet on page 5)
- Long straws
- Split pins

Activity instructions:

Hand out a pinwheel template to each student in your class. Have them colour the template with calming colours of their own choice (e.g. blues, greens). Cut the templates out and follow the instructions on the template to create our pinwheels.

Ask students to sit with their back straight and body relaxed. Together make your way through the following:

- Blow the pinwheel with long breaths
- Blow the pinwheel with short breaths
- Blow the pinwheel with a regular breath

After each type of blow ask your students to think about how they feel. If they feel comfortable, they might like to share their feelings.



2. Colouring Cards

For this activity you'll need:

- Colouring sheets (see colouring sheets on pages 6-9)
- Coloured pencils

Activity instructions:

Print out a variety of different colouring sheets for students. Ask them to choose one and spend some time colouring. Encourage students to select calming colours to make their picture come to life and add some soothing music to set the mood.

Note: For older students, you might like to ask them to colour in shades of a single colour.



3. Affirmations

For this activity you'll need:

- Blank Affirmation Cards
(see the template on page 10)

Activity instructions:

Ask students to write a positive affirmation for three students in their class using the Affirmation Cards Template. Prompt students to think about what they admire about their peers when they are writing. They might like to write about what someone is good at, what great qualities they have, or why they are a great friend.



4. Exploring Senses

Activity instructions:

Ask students to move around the classroom quietly (or to calming music) and find a certain number of things they can smell, see, feel, hear, and taste. For example, you could ask them to find 5 things they can feel, 4 things they can see, 3 things they can smell, 2 things they can hear, and 1 thing they can taste. After the activity bring the class together to share what they found.

Note: You can take this activity outdoors and get students to explore their senses while on a walk around the school grounds.

5. Safari Walk

Activity instructions:

Take students outside and explain that they are going on a 'safari'. The goal is for the class to notice as many birds, bugs, and animals as they can while exploring the school grounds. After the activity, bring the class together to describe the creatures they found.

Note: You might like to turn this into a meditation session. Have students lie on the floor with their eyes closed and tell a safari story for students to imagine.



6. Painting

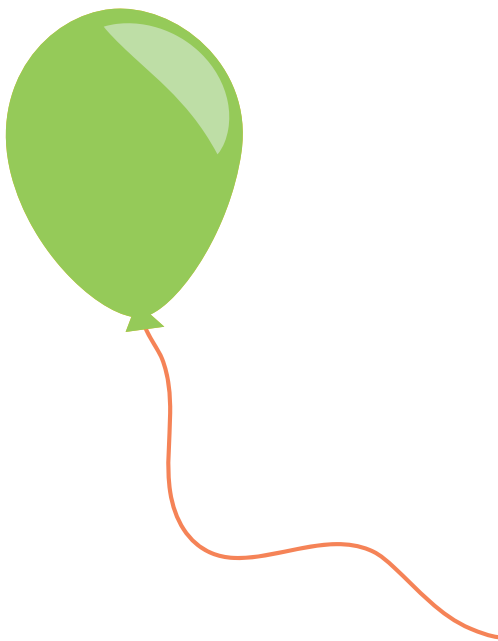
For this activity you'll need:

- Cardboard/ thick paper
- Watercolour paints
- Acrylic paints
- Glitter
- Straws
- Brushes

Activity instructions:

Set all the art supplies on a table in the classroom. Play some calming music and have small groups of students to come forward and select a few art supplies from the table. Let students spend some time to create an artwork of whatever they like. Encourage them to choose calming colours or colours to represent how they are feeling.

Note: If you'd like to facilitate a more structured activity, ask students to drop watercolour paint on their cards, and use straws to blow the paint around on the paper.



7. Playing with Balloons

For this activity you'll need:

- Balloons

Activity instructions:

Split students into small groups and provide each group with 2 or 3 deflated balloons. Have each group blow up their balloons and pass, tap, float them around the group. Start with one balloon first and slowly add in the other balloons for more challenge. For a more challenging activity ask students to pass the balloons around using their knees, elbows, or by blowing.

Note: For younger students, you might like to prepare a batch of inflated balloons before the activity.

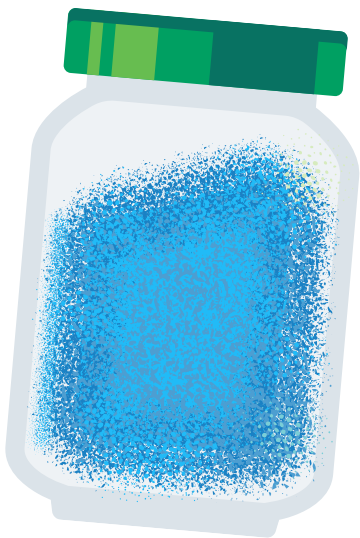
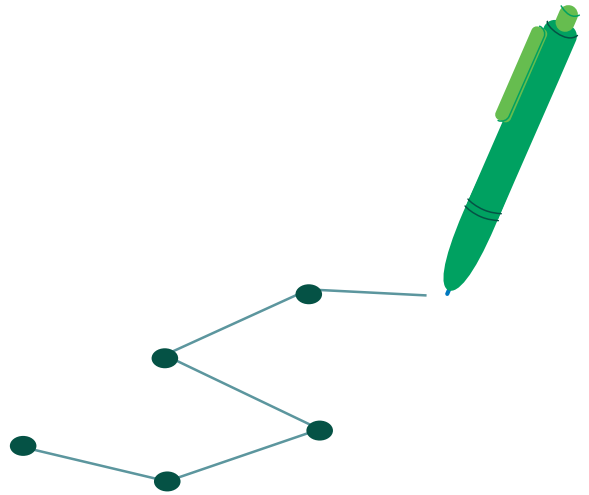
9. Mindful Dot-To-Dot's

For this activity you'll need:

- Dot-To-Dot activity sheets (see activity sheets on page 11-12)
- Pencil

Activity instructions:

Hand out a Dot-To-Dot activity sheet to every student in the classroom. Ask them to find a quiet spot to sit down. Instruct students to take their pencil and place it on the first dot of the picture, and then calmly breathe in and out before slowly drawing a line to connect the first dot to the second. Repeat (very slowly) until the dot-to-dot picture is completed.



8. Create a Glitter Jar

For this activity you'll need:

- A jar (plastic or glass)
- Glitter glue or glue and glitter
- Water

Activity instructions:

You can either run this activity as a whole class or an individual activity. Begin by filling the jar with water until it is $\frac{3}{4}$ full. Add in glitter glue or clear glue and glitter. Screw the lid on and shake.

Watch as all the glitter slowly settles at the bottom of the jar.

You can use the jar at any time to settle your class or encourage them to slow down and think mindfully.

10. Class Jigsaw Puzzle

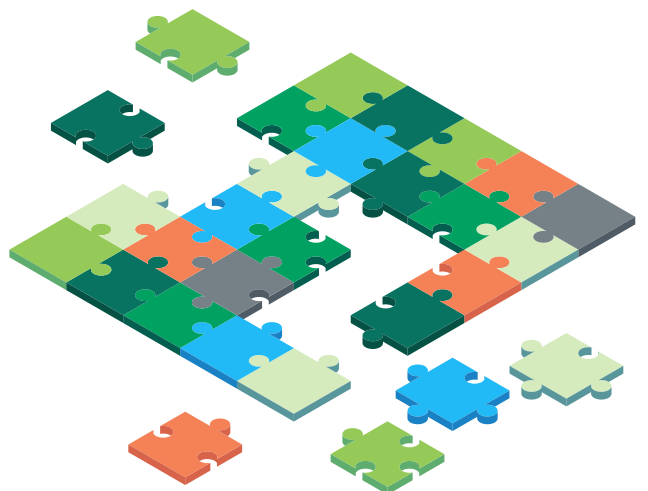
For this activity you'll need:

- Jigsaw Puzzle Template (see templates on page 13-14)
- Scissors
- Coloured pencils

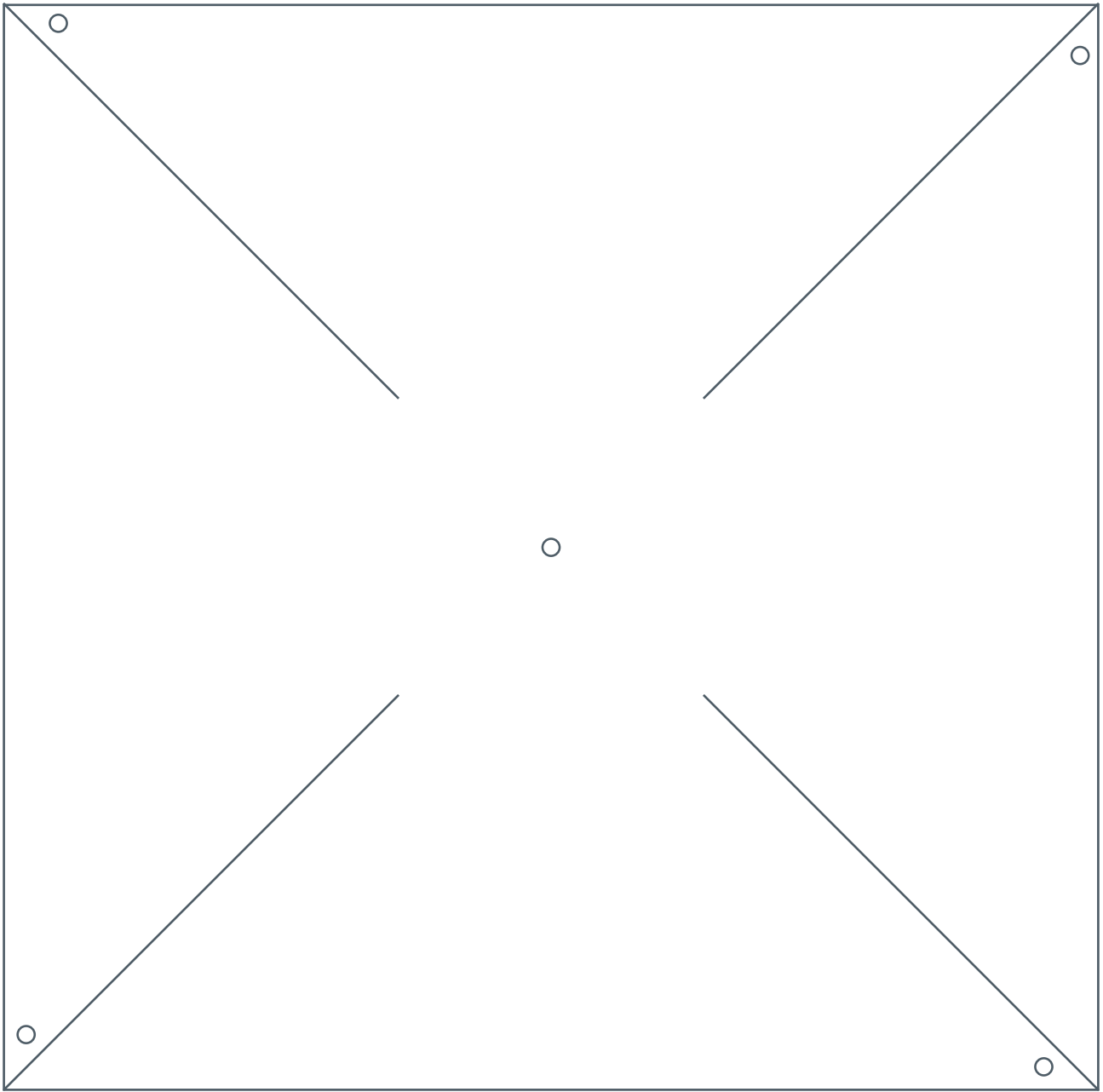
Activity instructions:

As a whole class or in small groups select a Jigsaw puzzle template. Together, spend some time listening to calming music and colouring in the jigsaw pieces. Cut the pieces out, shuffle them up and work together to put the puzzle back together.

Note: You might like to ask your students to come up with their own jigsaw picture using the blank templates.



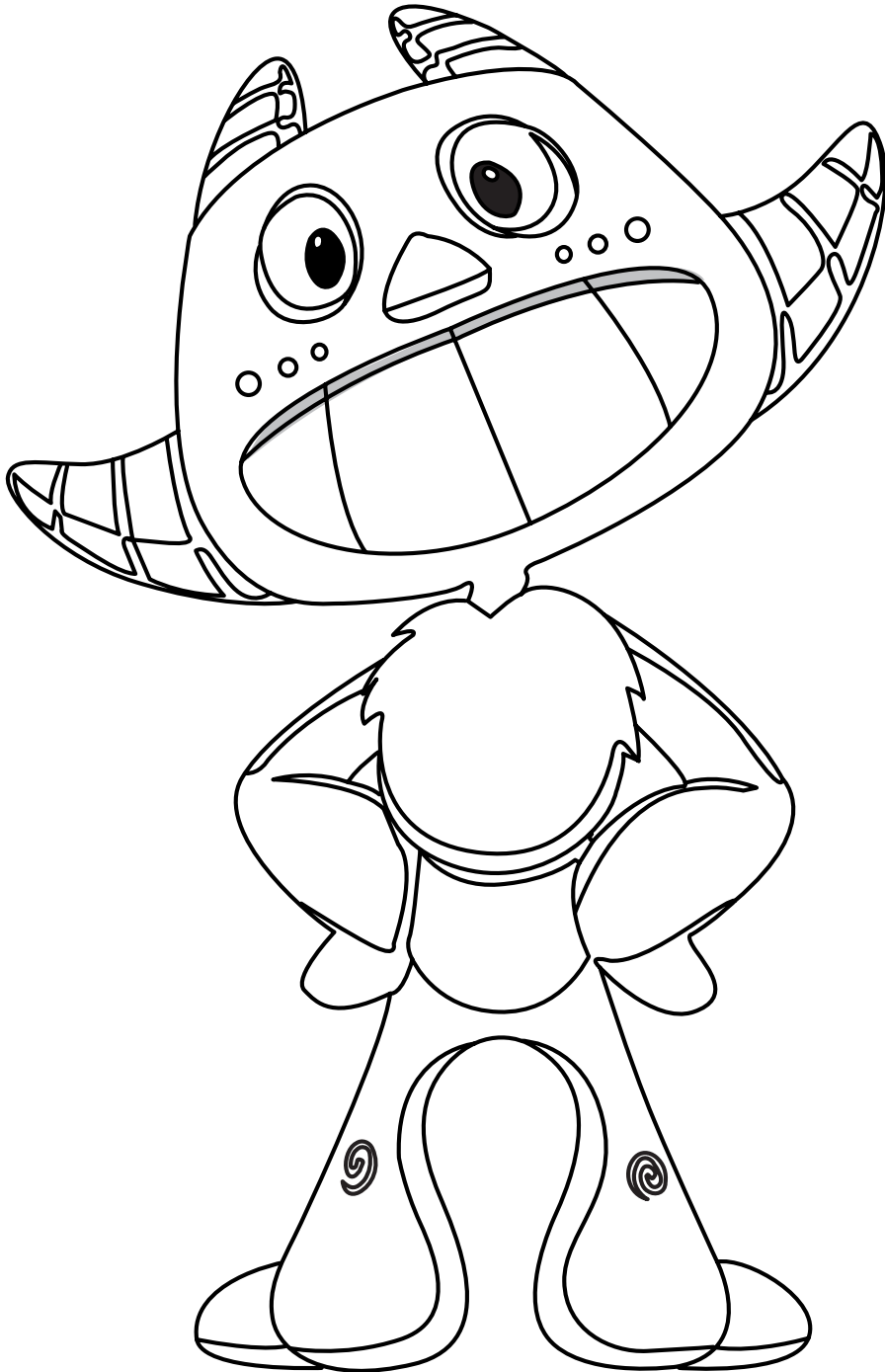
Create Your Own Pinwheel



Instructions:

1. Cut out the pinwheel template.
2. Colour the pinwheel using creative patterns and coloured pencils.
3. Cut the lines at each corner of the template.
3. Gently bend each corner with a circle to the centre circle.
4. Stick the split pin through all four folded corners and the back of the pinwheel.
5. Stick the pin into the straw.

Name: _____



Name: _____

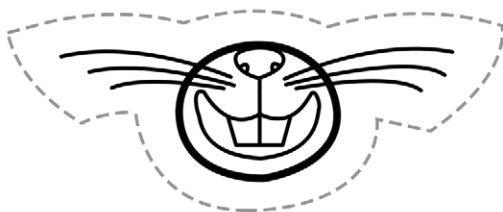
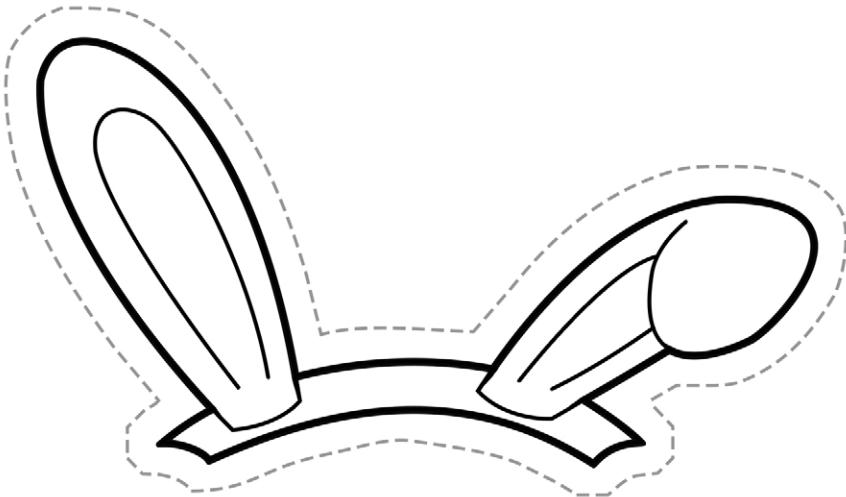
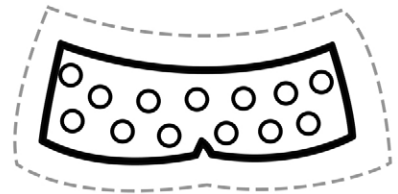
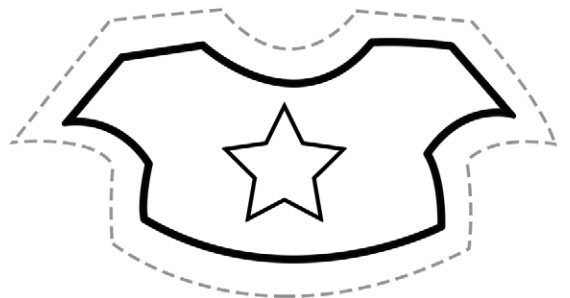
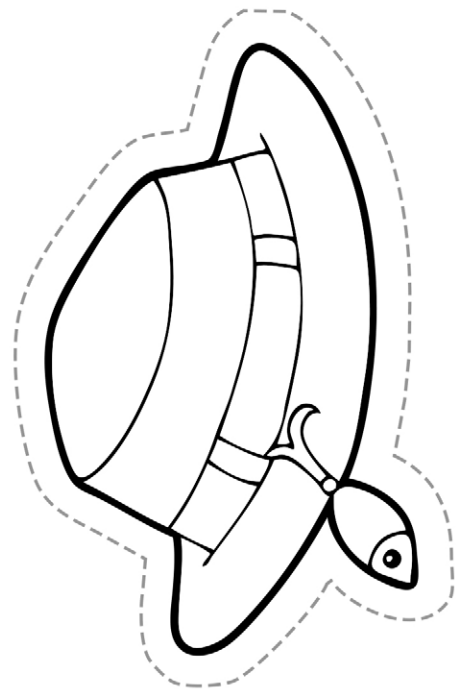


Colour In & Cut Out

Reggie



Roary



Blank Affirmation Cards



This affirmation is for:

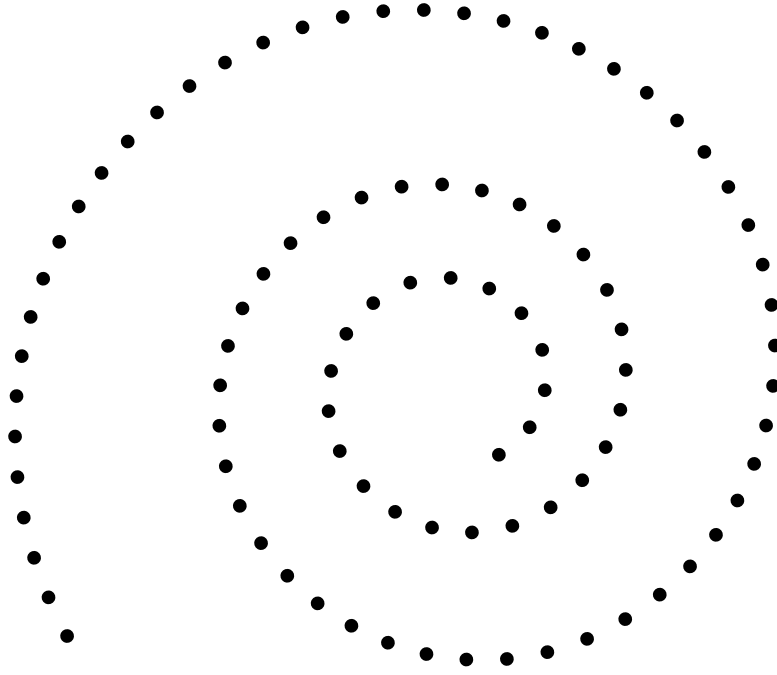
This affirmation is for:

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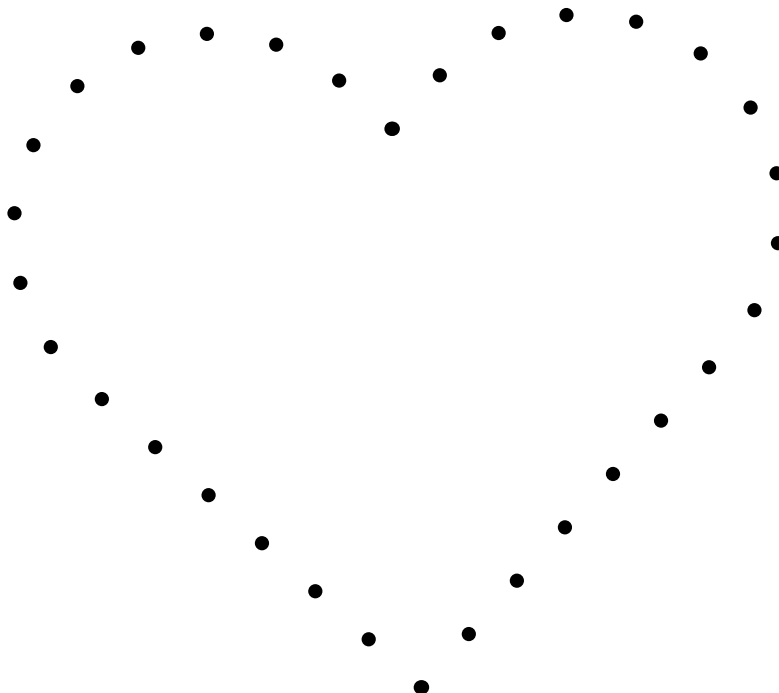
Dot-To-Dot

Picture 1



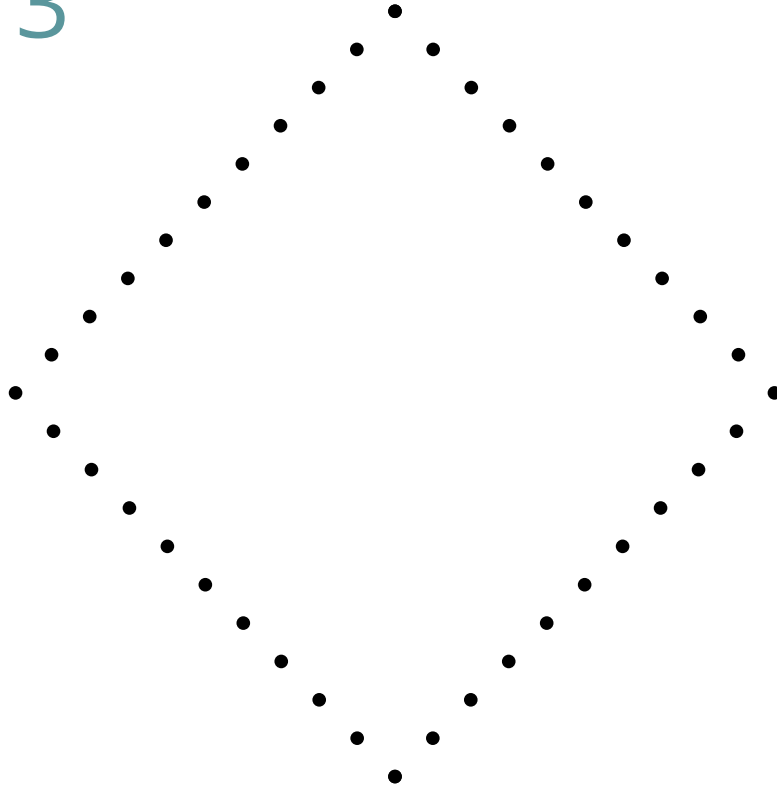
Dot-To-Dot

Picture 2



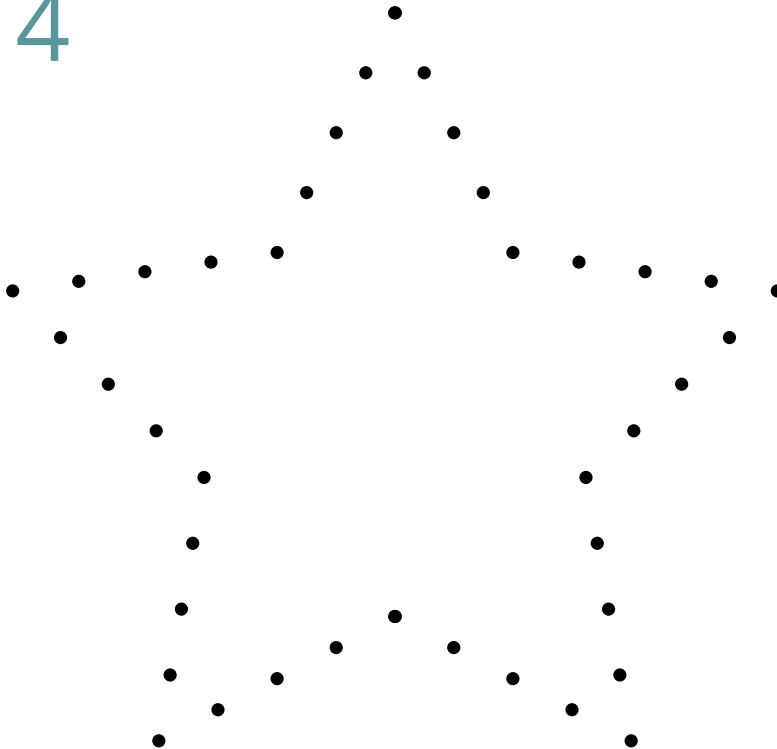
Dot-To-Dot

Picture 3



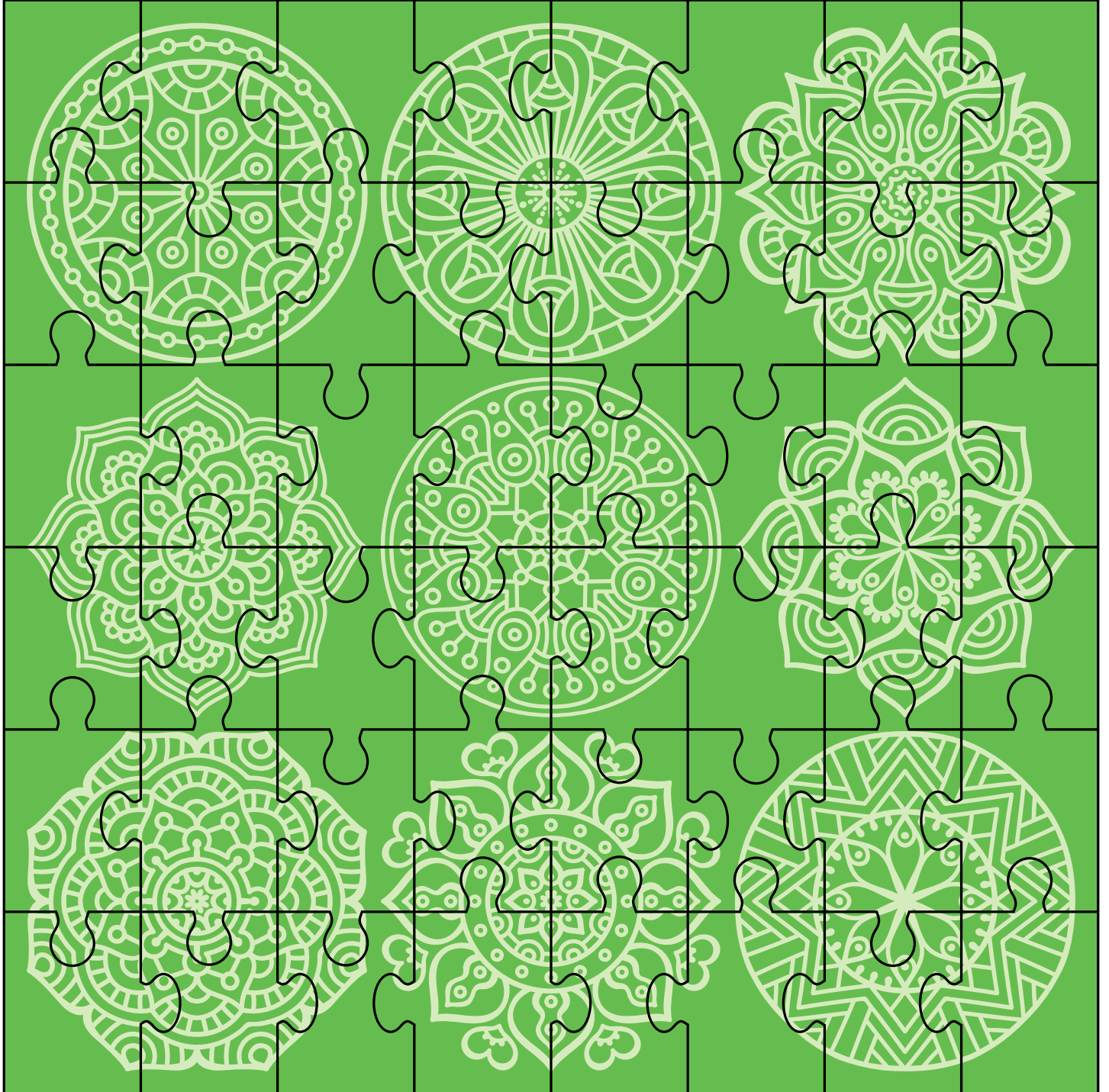
Dot-To-Dot

Picture 4



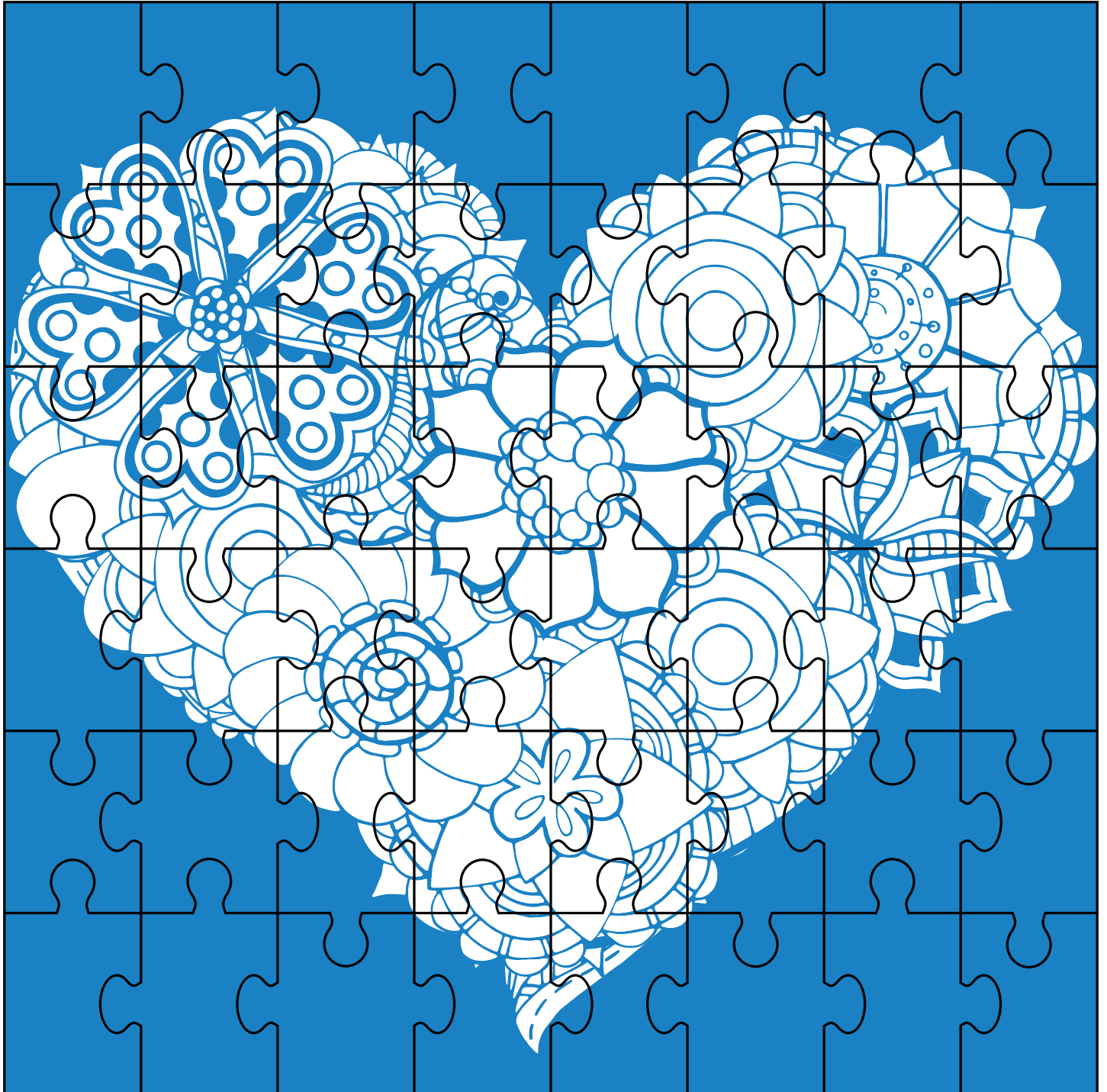
Jigsaw Puzzle

Design 1



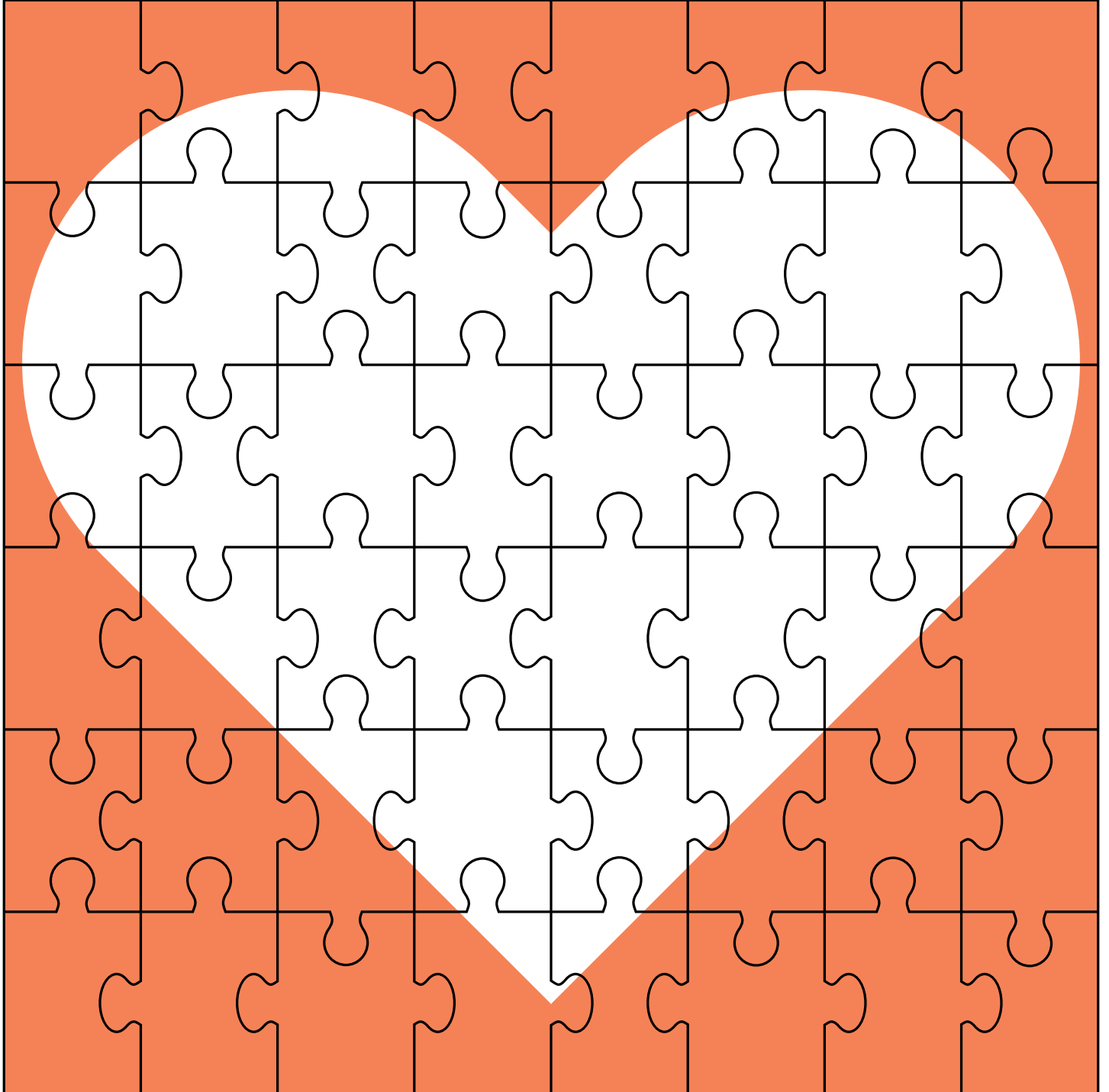
Jigsaw Puzzle

Design 2



Jigsaw Puzzle

Design 3



Jigsaw Puzzle

Design 4

