

MINDUP™

MINDFUL AWARENESS

Mindful Me - Umindful Me

Draw a box on one side and write the words MINDFUL ME at the top, and on the other side draw a box and write UNMINDFUL ME at the top. Draw a picture of yourself to go with each. Draw thought bubbles to show what you might be thinking. Draw speech bubbles to show what you might be saying.

What Happens Next?

Choose one of these scenes of unmindful behaviour. Draw and/or write what might happen next:

- Someone is looking up at the sky and is about to walk into a tree.
- A child is running around the playground at lunchtime. One of their shoelaces is untied.
- Someone is in their home and leaves the back door open. Their dog looks out of the open door at a squirrel in the garden.

You can also choose your own 'What Happens Next' unmindful scenes to draw or give to someone else to finish.

Mindful Seeing 54321

Stand still and look mindfully for:

- 5 things that are blue
- 4 things that are green
- 3 things that are red
- 2 things that are brown
- 1 thing that is purple

Mindful Job Collage

Draw or find lots of pictures of jobs that require people to be mindful. Label each picture with words to show how you would need to be mindful if you were doing that job.

Here's one to start you off:

- A teacher–Mindfully listens to pupils.

Brain Breaks at Home

Draw 2 or 4 boxes. Inside each box, draw a scene where you have chosen to take a Brain Break at home. Label the picture or write about why you would choose to take a Brain Break at home in the situation you have drawn. Next time that situation happens at home, you may choose to take a Brain Break.

Sensory Seasons

Draw 4 boxes. Write one of these titles in each box: SPRING, SUMMER, AUTUMN, WINTER.

Under each of the titles, draw or write the following things that you might notice in each of the different seasons:

- 2 smells
- 2 colours
- 2 sounds
- 2 things you might feel around you
- 2 tastes

