

# MINDUP™

## MINDFUL MOMENTS

CHOOSE 3 ACTIVITIES TO DO AT HOME TODAY

### Mindful Seeing 54321

Stand still and look mindfully for:  
5 things that are blue  
4 green  
3 red  
2 brown  
1 purple

### Gratitude

Write a little note to someone to say 'thank you'.

Notice how you feel as you are writing and how the other person feels when they have the note.

### Happy Feelings

Find someone to share a happy memory with. Tell them what you did, how you felt, what you saw, heard. Try and use all your senses to share your memory.

### Brain Exercise

Create a new game to play.

Use your prefrontal cortex (Wise owl) to think of a game you could play today.

### Mindful Listening

Put on some music and listen mindfully.

How many instruments can you hear?

### Kindness

Write a list of all the different ways you could be kind today. Then do your best to be as kind as you can and do as many kind acts as you can.

### Mindful Tasting

Slow down and mindfully eat something that you have for lunch.

Can you notice the smell, texture and taste?

### Mindful Movement

Practise some mindful walking. Notice the feeling in each foot as you step.

Do you feel the heel, ball and toes of your feet?

### Mindful Seeing

Mindfully draw and colour in a picture.

Mindfully move your pencil/pen to colour inside the lines.

### Mindful Movement

Dance to your favourite tunes.

Each time a song stops stand and create a different balance pose.

### Brain Break

Just be. Sit quietly and breathe.

Maybe think of the Brain Break script or just breathe in and out slowly counting to 5, calming the amygdala.

### Gratitude

Think of 3 things that you are grateful for today. Chat to a friend/parent/carer about them.

Write about them or draw a picture.