

MINDUP™

MINDFUL MOVEMENT

Becoming aware of sensations in the body is a fundamental step in increasing mindful awareness. Mindful movement helps us deepen the connection between our brain and our body. Have a go at these activities to strengthen the relationship between your brain and your body by really focusing on how your body feels and moves during each of these activities.

Treasure Hunt

Get your child moving by going for a treasure hunt outside in your garden or local park. Ask your child to collect different items from the environment, for example, a stick as long as their forearm, a leaf with 3 points. Encourage them to come up with things to find as well.

Let's Dance!

Play some music and dance to your favourite songs together.

Musical Statues

Play some music and encourage the children to dance and move around. Why not dance with them? Stop the music randomly without the children knowing. They must stay as still as possible when the music is paused, like a statue! Continue music and repeat.

Call and Response

Clap or tap a rhythm and get the children to copy it back to you. Try out different rhythms and patterns. Use different parts of your body, like your feet or patting your knee, making the children aware of the different parts of their body. Then give the children a go at creating the rhythms for you to copy. Encourage them to be creative.

Follow the Leader

Start clapping, tapping or doing a continuous movement with your hands, for example waving or patting your head. Get the children to copy what you are doing. After 30 seconds or so, change the movement you are doing and get the children to continue copying you. Carry on changing the movement, making the children aware of different parts of the body. Then give the children a go at being the leader! Encourage them to be creative.

