

Outdoor Activity

Create Bubbles using kitchen utensils.

Collect different utensils with holes in and make your bubble solution with an adult.

See which utensils make the

MINDFULNESS 5-4-3-2-1

5 THINGS YOU CAN SEE

4 THINGS YOU CAN TOUCH

3 THINGS YOU CAN HEAR

2 THINGS YOU CAN SMELL

1 THING YOU CAN TASTE

Just One Breath
BREATHING ACTIVITY



Find a relaxing place, sit comfortably, and set a timer for one minute.

Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.




Take another slow deep breath, imagine the air moving down into the lungs and back up.

Take one more deep breath and hold for a moment, then release it.



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Wellbeing Activities!

GARDEN YOGA FOR KIDS



Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

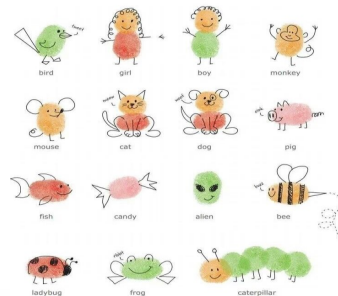
Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



Be Creative

Paint some fingerprints onto paper and see what pictures

you can



Spread Joy and Happiness

Create some helpful hand tokens. Write down some helpful jobs that you could do around the house and place them in a bowl. Pick one out each day and make someone in your family smile with your kindness.

