

Health and Wellbeing

Mindfulness Activities UKS2

Feather & music

Ask someone to drop a feather and watch it very closely as it falls to the ground.

Listen carefully to a piece of music and draw a line on a piece of paper which matches the feeling created by the music.



Relax

Lie on your back and close your eyes so you can use all of your senses except for sight.

Notice the feel of the air, the feel of the ground, the sounds that surround you and any smells that are present.



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Hot desk

Try hot desk writing - choose a short period of time, such as one minute and try to keep your pen or pencil moving for the entire time.

Go with the flow, with your pen or pencil, relax and enjoy and keep your pen or pencil moving!



Take a walk

Take a walk and concentrate on the act of walking.

What movements does each leg perform in each stride?

Which part of your foot hits the ground first?

What does the ground feel like underneath your shoes/ foot?

