

Health and Wellbeing

Mindfulness Activities LKS2

Describe it!

Close your eyes and ask a partner to pass you an object that you can hold in your hands. Touch and turn the object, describing each aspect in detail to your partner and then swap places.



Bubble breaths

Lie comfortably on your back on the floor. Move your attention around your body by tensing and clenching your muscles and then relaxing them. Hunch your shoulders, then let them go. Make your hands into fists then tighten the muscles in your arms before relaxing them. Continue to move around your body repeating this process.



Using your senses to explore food

When you are eating, slow the process right down and try to activate all your senses. Look carefully at your food before you eat it. What does it look like? Bring it closer so you can smell it. What does it smell like? As you place it in your mouth, be aware of the texture of the food and how it feels. What does it taste like? Does the taste come in successive waves or all at once? Can you recognise the individual ingredients?



Clench and relax

Lie comfortably on your back on the floor. Move your attention around your body by tensing and clenching your muscles and then relaxing them. Hunch your shoulders, then let them go. Make your hands into fists then tighten the muscles in your arms before relaxing them. Continue to move around your body repeating this process.

