



Ks2 Mindfulness

Week 1: The Outdoors

This week we will be completing activities around being outside & 'The great outdoors'.

Activity 1	Activity 2
<p>1. Describing emotions Sit with your child and ask them to describe different emotions. How does it feel when they are angry, happy or worried? You could prompt them by suggesting that they visualise their emotions as types of weather.</p>	<p>2. Listening circle Take a social distancing trip to a local park or nature reserve. Sit down in a circle and ask your child to listen out for different sounds. Instead of calling out, ask them to put their hands up when they want to share the sound that they can hear.</p>
Activity 3	Activity 4
<p>3. Looking at clouds Keep an eye on the weather for this activity, as ideally you need partial cloud cover and a good breeze. Ask your child to lie down outside and look up at the clouds (taking care not to look directly at the sun). Ask them to look out for shapes and notice how the clouds change as they move along.</p>	<p>4. Yoga Do some research and try some yoga in your garden! There are lots of fun moves for to practise, for example animal poses. If you're not confident enough to lead this yourself you could search on youtube for COSMIC KIDS YOGA there's a huge range you could practice indoors before taking the yoga outside!</p>