

MINDFULNESS

Lesson 3



Activity one - breathing

We are going to start with a calming moment to relax us.
Follow the video on the link or click on the picture of the
balloon:

<https://www.youtube.com/watch?v=ZBnPlqQFPKs>



Activity two – mindful colouring

Lots of you may have done this before. This week we are going to do some mindful colouring. This is a chance to sit in a calm space for as long as you wish and as you colour, let your mind wander and reflect on your week.

Try not let to distractions around you get to you and enjoy the moment to just be with your own thoughts. If you find any unwelcome or unfriendly thoughts come in to your head, try to send them off again.

You may want to listen to some calm music while you colour too.
You can find some here:

<https://www.youtube.com/watch?v=YxfnUPqWV0k>

There are some examples on the next few pages which you can print out. Or you may have your own calmful colouring book at home that you would like to use. Or you can draw your own image by drawing a squiggle and colouring in the gaps like the one below.











