

Spar Lancashire School Games

Day 4: Mindfulness activities

Difficulty rating: Easy, may need adult supervision

Mindfulness develops the whole brain. It helps us to understand our emotions and feelings.



What you'll need

- A jar with a secure lid
- Glitter
- PVA clear craft glue
- Food colouring
- Sticky labels
- Pens



Activity 1: Strike a pose

Doing fun poses can make us feel strong, brave, and happy.

Go somewhere quiet and familiar and try one of the following poses:

1. **The Superman pose:** stand with feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible.
2. **The Wonder Woman pose:** stand tall with legs wider than hip-width apart and hands or fists placed on the hips.

How did these poses make you feel? After a few rounds of striking these poses, you may be surprised at the results.

Activity 2: Spidey senses

Spidey senses are the super-focused senses of smell, sight, hearing, taste, and touch that Spiderman uses to keep tabs on the world around him.

During a walk today, ask the family to switch on their spidey senses. Get them to use every sense to notice what is around them.

At the end of the walk, discuss what you noticed that you normally wouldn't have.

This is a classic mindfulness exercise and encourages observation and curiosity, great skills for any human to practice.

Activity 3: The glitter jar

Instructions

1. Decorate the outside of the jar with sticky labels so you can still see through it
2. Fill $\frac{3}{4}$ of the jar with water
3. Add the glue, glitter and food colouring, put the lid on and give it a good shake!
4. Shake the jar when you feel anxious or upset and remain still while the glitter settles.

Think about how thoughts are like the glitter.

When the glitter settles down into the bottom of the jar, the mind becomes calmer as well.