

Being Mindful

Place your hands on your stomach, close your eyes and focus on your breathing for two minutes, simply noticing the rise and fall of your stomach as you breathe in and out.

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Being Mindful

Take your pencil or pen for a walk on the page for one minute. Move it slowly around the page smoothly and randomly, focusing on the shapes you are creating the whole time. Don't let the pencil or pen leave the page until the time is up.

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This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).

Being Mindful

This is for two people. Close your eyes and sit comfortably. Concentrate on the shapes the other person is drawing on your back with their finger. After one minute, swap over so that you are drawing shapes on the other person's back with your finger.

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Being Mindful

This is for two people. Close your eyes and sit comfortably. The other person will pass you an object to feel. Do not open your eyes, or use any other senses such as smell or hearing; simply concentrate on how the object feels in your hands.

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Being Mindful

This is for two people. Choose one person to watch the clock to time one minute. The other person should then face away from the clock and focus entirely on the time passing. They should try to guess when one minute has passed. Once a guess has been made, the person who is watching the clock will reveal how close they were to timing a minute. Make sure to swap so the other person gets a turn too.

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Being Mindful

Draw a repeating pattern on your paper for two minutes. Stick to simple shapes and take your time with each and every shape. Try to get them as similar to each other as possible, with equal spaces between each one.

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Being Mindful

This is for two people. Sit facing each other, each with a piece of paper and a pencil.

One of you will start to slowly draw a shape on your paper and the other will try to mirror that same shape on their paper.

Do not communicate in any way, simply focus on drawing the shapes.

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Being Mindful

This is for two people. One of you closes your eyes and sits in a comfortable position. The other person gently touches the person with their eyes closed with one finger, every ten seconds. Each time, make sure the touch is in a different place so the person with their eyes closed doesn't know where to expect the touch and can focus on the sensation each time. Swap over after a minute or so.

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