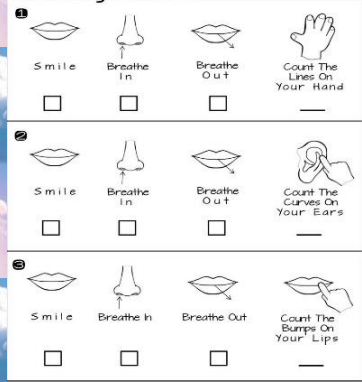


20-day mindfulness challenge

Day 1 Look at the clouds. What shapes can you see? How do the clouds change as they move along the sky?	Day 2 Listen to some music and see how many different instruments you can hear.	Day 3 Draw a picture of yourself and label the emotions you are feeling.	Day 4 Blow bubbles	Day 5 Think of 5 people you would like to send kind wishes to.
Day 6 Feel your heartbeat! Jump up and down for 1 minute. After, feel your heartbeat and your breathing.	Day 7 Put a selection of objects into a bag. Get children to feel each object and describe it in as much detail as possible.	Day 8 Breathe in and out slowly for 1 minute. Imagine the air moving up and down your lungs.	Day 9 Make a glitter jar.	Day 10 Mindfulness Scavenger Hunt Relax and Focus on The Moment 
Day 11 Do some yoga! Cosmic kids on YouTube is always a good choice!	Day 12 Colouring!	Day 13 Rainbow walk Have a look around your house, can you find something red, orange, yellow, green, blue and purple?	Day 14 Think of 3 things you love about yourself.	Day 15 Sensory countdown Think of... <ul style="list-style-type: none"> • 5 things you can see • 4 things you can touch • 3 things you can hear • 2 things you can smell • 1 thing you can taste.
Day 16 Close your eyes and listen to any sounds you can hear. After one minute, open your eyes and write down everything you heard.	Day 17 Close your eyes and think how you are feeling and why?	Day 18 Draw something that is special to you.	Day 19 Dance for no reason!!	Day 20 Explore gratitude by going back and forth with someone to name as many things as possible that you are grateful for.