20-day mindfulness challenge

	Day 1	Day 2	Day 3	Day 4	Day 5
	Look at the	Listen to some	Draw a picture	Blow bubbles	Control of the Contro
	clouds. What	music and see	of yourself and	272	Think of 5 people you would
7	shapes can you	how many	label the	in the same	like to send kind wishes to.
	see? How do	different	emotions you	A STATE OF THE PARTY OF THE PAR	
	the clouds	instruments you	are feeling.	3	The state of the s
-	change as they	can hear.			
i	move along the				
	sky?				
7	Day 6	Day 7	Day 8	Day 9	Day 10
3	Feel your	Put a selection of	Breath in and	Make a glitter	Mindfulness Relax and Focus Scavenger Hunt on The Moment
	heartbeat!	objects into a	out slowly for 1	jar.	● A SAN
Ţ	Jump up and	bag. Get children	minute. Imagine		Smile Breathe Breathe Court The In Out Lines On
1	down for 1	to feel each	the air moving	Maria Cara Cara Cara Cara Cara Cara Cara	In Out Lines On Your Hand
	minute. After,	object and	up and down		9
	feel your	describe it in as	your lungs.	A Parameter Service	
Č	heartbeat and	much detail as	and a second	THE REAL PROPERTY.	Smile Breathe Breathe Count The Curves Ch Your Ears
	your breathing.	possible.	A COLUMN TO SERVICE	-	
			The Mary		
-	- Maria	The state of the s		and the second	Smile Breathe In Breathe Out Count The
ě	6.0		6.0		Burps On Your Lips
			2 12		
72	Day 11	Day 12	Day 13	Day 14	Day 15
	Do some yoga!	Colouring!	Rainbow walk	Think of 3	Sensory countdown
	Cosmic kids on	3	Have a look	things you love	Think of
	YouTube is		around your	about yourself.	5 things you can see
ř	always a good		house, can you		4 things you can touch
	choice!	The second second	find something		3 things you can hear
1		The state of the s	red, orange,	m Sales in	2 things you can smell
l.	The same		yellow, green,		1 thing you can taste.
			blue and		The state of the s
V.			purple?		
	Day 16	Day 17	Day 18	Day 19	Day 20
	Close your eyes	Close your eyes	Draw something	Dance for no	Explore gratitude by going back
	and listen to	and think how	that is special to	reason!!	and forth with someone to
×	any sounds you	you are feeling	you.	The state of	name as many things as
	can hear. After	and why?	The second	The same of the sa	possible that you are grateful
	one minute,	med in the State	Water Street	100	for.
2	open your eyes	State of the state	-	and the second	
	and write down				
	everything you		The same of		
44	heard.	The state of the s		4	