

# Mindful Moments



## CONCENTRATION CHALLENGE

Why not have a go at playing **Sound Bingo!**  
Stand on your doorstep or your garden.  
Can you hear the following sounds:  
a bird singing, a car engine, a dog barking.  
Why not try a sound hunt when you are  
out for a walk – how many different  
sounds can you hear? Can you make a  
sound map by drawing a symbol for each  
one you hear?



## POSITIVITY CHALLENGE

Try slouching or slumping down and  
thinking happy thoughts...  
Now sit (or stand) really tall, smile  
and think a grumpy thought. Can you  
do it?  
If you have a positive walk and a  
smile, it's hard to be grumpy – try  
practising it today!



## TAKE A MINDFUL MOMENT...

Taking a mindful  
moment or two every  
day is really important in  
protecting our mental  
health. After a busy  
week of home-learning,  
why not try one of these  
mindful moments to  
relax, breathe and  
refocus your mind...

Let the rest of Stoke know what you did to improve your wellbeing  
this week. Post pictures in your Google Classroom or send to  
[homelearning@stokeinteignheadschoo.org](mailto:homelearning@stokeinteignheadschoo.org)!

## CREATIVITY CHALLENGE

Try collecting some natural objects whilst you  
are out and about on a walk or exploring in  
your garden, for example: pebbles, stone, sticks  
and leaves. Can you turn the natural objects  
into a picture? Can you make a face to show a  
feeling or emotion?



## RELAXATION CHALLENGE

Why not try a facial massage to feel super  
relaxed and re-energised after a busy day!

**Activity** Follow these steps:

Massage three times over the forehead, under the  
eyes, down the nose, across the cheeks, down under  
the chin and down the neck.

1. Rub, pat, stroke and tap your scalp gently with  
your fingers.
2. Massage your neck.
3. Squeeze the top of your nose and gently press  
under your eyes.
4. Pull your hair gently.
5. Shrug your shoulders up and down.
6. Squeeze your ears gently.
7. Put your hands over your ears and listen to your  
heartbeat.
8. Remove your fingers from your ears and let your  
worries fly away.

