Mindfulness cards.

Created by Cara Tullett

What is the Feeling?

We all have lots of feelings! Sometimes we might feel happy, sometimes we might feel sad, angry, excited or scared.

Can you act out a feeling to another person?

Can they guess what feeling it is? Perhaps you could both take turns to think about when you both had this feeling.

Breathing Mindfully

Can you notice your breath coming in and out of your body?

Now take three longer, slow, deep breaths and feel them in your body.

When you breathe in, imagine you are smelling something lovely!

When you breathe out, imagine you are blowing out a candle!

What am I Grateful for?

Take some deep breaths and think of some things in your life that you feel grateful for.

Perhaps you could draw a picture to show what you thought of.

What can you hear?

Sit quietly and take a few deep breaths.

Listen to all the sounds outside. How many different sounds can you hear?

What sounds can you hear in the room?

Can you hear yourself breathing?

Tense and Relax.

Lie down somewhere comfortable.

Notice your toes and feet. Squeeze the muscles really tight. Hold for five seconds and let go.

Now do the same for your legs, tighten all the muscles for five seconds and relax.

Repeat this for all parts of your body.

Take time afterwards to relax.

A Calm, Soothing Place.

Imagine you are in a relaxing, calming place. This could be on a beach, or in the woods or anywhere that feels relaxing to you.

Take some deep breaths, in and out. Let any thoughts drift away like clouds in the sky. Relax for as long as you need in your calm place.

Move the Teddy!

Lie down somewhere comfortable.

Put a teddy on your tummy. Breathe in and out slowly and calmly. Can you see the teddy going up and down?

The Senses.

Can you name five things that you can see?

Can you name four things that you can hear?

Can you name three things that you can touch?

Can you think of two things that you can smell?

Can you think of one thing that you can taste?