

Mindfulness

Use as many of the ideas below as you want to. You don't only have to use them today. You can use these anytime you need a brain break!

Activity #1

Make your own wordsearch. Come up with 8 words (they can be to do with your favourite hobby, Kenya, colours – whatever you want!) and write them down. Hide them in a grid and then fill in the remaining squares. Give it to someone to complete. If you want, take a photo and we can print it and give it to the children in school to try!

Activity #2

Create your own spot the difference. Split your page into two. Draw a picture in the left-hand box and colour it in. Draw the same picture in the right-hand box but make 5 very subtle changes. Give it to someone to complete or send it to school and we'll have a go!



Activity #3

Using a plain piece of paper, start with your pencil in the bottom left-hand corner and draw one long, continuous line. Do circles and loops but do not take your pencil off the page! Finish at the top right-hand corner. You will be left with lots of strange shapes. Colour these in until you have a page full of colourful shapes!


