

# Screen-Free Mindfulness Challenge Cards



## At the Beach

Lie on the floor, in a position that is comfortable for you. Close your eyes and imagine you are lying on a beach on a warm day. As you breathe in, imagine the waves gently lapping your feet. As you breathe out, picture the waves retreating back to the sea. Do this for five minutes.



## Musical Drawing

Play some calming classical music. As you listen to it, draw the pictures that come into your mind on some paper.



## Balloon Bubble

Blow up a balloon and tie a knot in the end. Spend some time batting the balloon gently into the air. Imagine it is a bubble that you mustn't pop. Focus on the movement it makes as it travels through the air.



## Breathe

Take some time to concentrate on your breathing. Sit cross-legged on the floor, or on a chair with your feet on the ground. Close your eyes. Take a deep breath in through your nose (for a count of six) and imagine that you are smelling a lovely scented flower. As you breathe out through your mouth, try to make the breath last as long as you can. Repeat this five times.



## Sounds or Silence?

Sit cross-legged on the floor and close your eyes. Focus on the sounds you can hear around you. Allow yourself to acknowledge the sounds you can hear. You could try this activity both inside and outside. What different sounds did you hear?



## Cloud Clues

Go outside and lie on your back, looking up at the sky. Watch the clouds carefully. What shapes can you see? How are they moving?



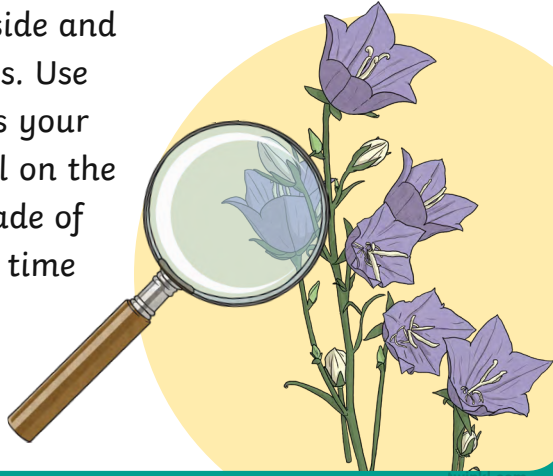
## Spreading the Warmth

Lie on the floor (on your back) and close your eyes. As you breathe in and out, imagine warmth travelling up your body slowly, from your feet all the way to the top of your head.



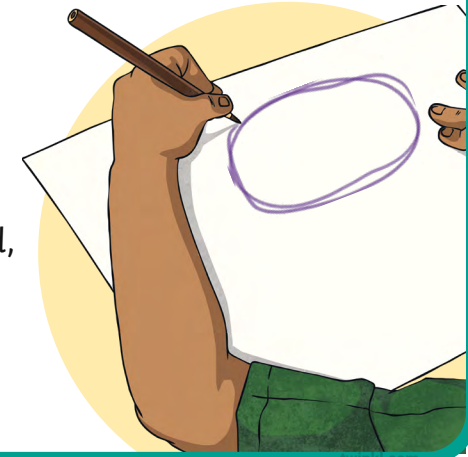
## Flower Power

Take a magnifying glass outside and lie on your front, on the grass. Use the magnifying glass to focus your attention on something small on the ground: a leaf, a flower, a blade of grass or an insect. Take your time to really notice the details of your chosen object.



## Take Your Pencil for a Walk

Using your pencil, take it for a 'walk' over a piece of plain paper. Try to use as much space as you can and create patterns and lines all over the page without lifting your pencil. Once you have finished, colour in the different patterns and shapes you have made.



## Glitter Shaker

Make your own glitter shaker by filling an empty jar with water almost to the top. Add a few drops of food colouring (in a colour of your choice) and stir with a spoon. Add a large spoonful of biodegradable glitter, then stir in a small tube of glitter glue. Seal the jar with a lid and secure with tape. Shake the jar and watch the glitter settle.

