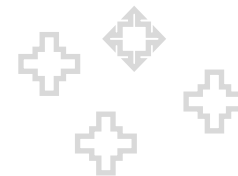




My Mindfulness Calendar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

- Call an elderly person for a chat to make a difference to their day
- Create a dance to your favourite music
- Get messy hands by having a play dough day
- Write a kenning poem
- Make a thank you card for someone who does ordinary things to help you every day! (mum?)
- Take an alphabet treasure hunt with your family outdoors
- Create a weaving loom from cardboard and strips of paper or plastic-how can you design this??
- Write down: Five things you see; Four things you hear; Three things you smell; Two things you can touch; One thing you can taste
- Take 10 minutes to do some still-life drawing or take 10 minutes to create decorative doodling designs on an envelope
- Make a cup of tea or hot chocolate for someone in your family

Over the weekend, think about two things (for each day) that you will do: one to make a positive difference to you and one to make a positive difference for someone else! Write them or draw pictures of them in the boxes for each day.

Find some ideas to help you on this page!

Have fun!