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| Meet the Mindful Monsters:  See the source image | | | **FS** |
| **Concentration** | **Creativity** | **Positivity** | **Relaxation** |
| **Still as a staue!**  Strike a pose and see how long yoou can hold it. Does your mind start to wander? If so, where does it go? | **Tongue twister!**  Say this as fast as you can. Super Sparky sang a special song to Snug. Can you think of your own? | **Something special.**  Take it in turns to share 3 things that make you special. Once you’ve all shared, celebrate what makes you, you! | **Sky gazing.**  Look out the window or lie in your garden and stare at the clouds. What shapes do they make? What can you see? |
| **Mindful mouthful.**  Slowly eat a piece of your favourite chocolate. How does it feel? How does it taste? How does it smell? You can try this with any food! | **Act the part.**  Pick someone you know and think about how they walk and talk. Try to do an impression of that person. Can anyone guess who you are? | **Blowing bubbles!**  Fill a glass with milk and pop a straw in. Blow into the straw and watch the bubbles appear. How big can you make the bubbles? Can you count them? | **Zzzzz…**  Lie on your back in bed. Imagine yoour feet gtting heavier and heavier. Can you feel it? Work yoour way up your body until you’1re totally relaxed. |
| **Finger safari.**  You’re on the hunt for different textures. How many different textures can you feel? | **Scribble art!**  Close your eyes and scribble on a piece of paper. Then the fun part- see what you can spot in your scribbles! | **Worry Monster.**  Pick a toy to become your worry monster. Tell them anything that upsets you. Your worry monster will help the worries go away. | **One special thing!**  Think about one thing you wouldn’t want to be without and why. |
| **A secret message.**  Trace a secret message on someones back. Can they work out what your message was? | **Just Dance!**  Find your favourite song and dance like no one is watching. Stop thinking and start dancing! | **Top secret mission!**  Write/draw something nice for a person in your house and hide the note somewhere they will find it. How does it make you and them feel? | **Its bath time!**  Don’t jump straight in. See how slowly you can get in the bath instead. How does the warm water feel? |
| Read lots! | Draw and write about what you do each day. Remember to use your sounds and not just copy your grown ups writing! | Use items in your house e.g. toys, lego, spoons to practise adding and taking away. Can you write your own number sentences? | See the source imageGo on a 3d shape hunt in your home and record what you find. Look for: |
| Let me know how you get on with these activities! If you want to know more about Mindful Monsters click the link: <https://mindfulmonsters.co.uk/>  Don’t forget that reading activities can be found in the resources part and can be used every day untill we return to school. They don’t need to be printed off! If you’re not sure how to say the sounds please use this to help <https://learn.readwithphonics.com/school/phonics-games/phonics-soundwall?phase=3>  Keep smiling everyone!  Mrs Anderson and the FS team ☺ | | | |