



ACTIVE ANITA'S MINDFULNESS ACTIVITY

Week 1

In this activity we will be looking at channelling our inner Spiderman or Spidergirl in order to help us just keep some focus and concentration for our work or our learning.

For this activity you will need a sound and a means of fading that sound? Ideal for this is a mindfulness bell app available FREE to download on both the app store and the google play store for android.

If you don't have access to either of these don't panic. Play a song and slowly fade that song out to silence. Have the TV on and slowly turn the volume down to silence. Ask your child to sit somewhere nice and quiet with their eyes closed and take four nice deep breaths in through their nose and out through their mouth. Play the sound to your child so they are aware what to expect, explain that it will fade to complete silence and you want them to keep their eyes closed. Ask your child to raise their hand when the sound has "COMPLETELY GONE" When they can no longer hear it at all. Now play the sound to your child. Those children with poor focus will raise their hand quite quickly. Ask your child to focus **ONLY ON THE SOUND** you are using (bell, song, tv) and repeat the exercise, you should notice the second time that their hand doesn't go up so quickly? The final time you attempt this activity ask your child to **NOT** raise their hand. Simply sit quietly and listen to **ANY** and **ALL** the sounds they can hear around them. After a period of about a minute to 90 seconds ask your child to open their eyes and tell you all of the sounds they can hear. F

This activity is suitable for all ages and abilities and can even be valuable for you mums and dads to try! (you don't have to put your hands up!) Try this exercise with other senses: Close your eyes and focus on what things around you feel like?

Soft? Fluffy? Squishy? Close your eyes and focus on your taste what does something really taste like? Is it sweet? Is it crunchy? Does it have a rough surface or smooth?