

Daily Activity



Mindfulness Activities - 02.02.21

Mindfulness activities are important as they will bring your child's attention to the present moment which creates a calming and relaxing effect. By encouraging your child to participate in these activities can help them cope with difficult feelings.



Balloon Game

Blow up balloons and try to keep them in the air by gently tapping them with your hand.

Cloud Spotting

Look out of a window or go outside then look at the clouds. Spend time talking to your child about the different shapes the clouds make and how fast or slow they move in the sky.



Glitter Bottle

Fill an empty plastic bottle with water and glitter then let your child shake the bottle and focus on the swirling glitter in the water.

If you do have a go, we would love to see your pictures so if you would like to share your child's learning, please feel free to send us a photograph to parents1041@welearn365.com