

Mindfulness activity for Kids

5,4,3,2,1

It's important to be aware of our surroundings and understand what we can be grateful for. This activity is to get children to find and do things around them that are important to them.



Number 5:

Find 5 things in your house that you love:

1.
2.
3.
4.
5.

Number 4:

Touch 4 things in your house that you love:

1.
2.
3.
4.



Number 3:

Name three things you can hear right now:

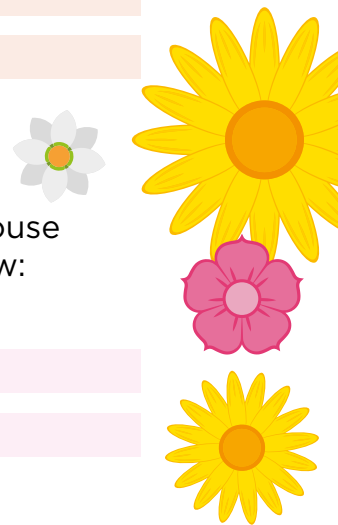
1.
2.
3.



Number 2:

Name two things in your house that you can smell right now:

1.
2.



Number 1:

Find one thing in the house that you can taste - your favourite food and drink if you can:

1.

