

PSHE Week 5

Mindfulness Challenges

This week's PSHE activity is all about promoting mindfulness as a way to bring calm and help improve mood and deal with worries. I have uploaded some resources to support you with this on the PSHE Whole School Learning page. Firstly, there are some mindfulness challenge cards. Choose a point in the day when you think a mindfulness activity would be beneficial: it may be towards the end of the day, or as a break in your home-schooling. Pick one of the activity cards and carry out the activity. In addition to this, complete one of the uploaded Mindfulness Colouring activities or click here for the [Finger Tracing](#) labyrinth. Note and share how you feel after completing these activities. See if you can make time for these mindfulness activities each day this week and remember that these activities are suitable for all ages: adults, have a go too!



At the end of the week, reflect on your favourite ways to bring a bit of calm and quiet to your mind. Remember to make use of these methods when you feel that they would help you.

