

We hope you all had a restful and safe half term!

Take Notice Challenge

There were some excellent entries for our Take Notice Challenge over half term. Well done to all who took part. Our winning picture goes to Preston and Austin Hamilton.

This was a beautiful picture of a ladybird they found in their local woods – Just beautiful.



Mindfulness in Daily Life

There are ways to bring mindfulness into our everyday lives to be more present in the moment. Some examples could include: being more mindful of the moment that we are in and bringing our mindful attention to everyday activities, eg, brushing our teeth, travelling to school, shopping, eating.

Here are some ways that you might practise mindfulness in daily life:

- ☺ Having a more curious attitude to life.
- ☺ Being more non-judgemental about our thoughts and feelings.
- ☺ Using the breathing techniques if you are feeling stressed, eg before a test.

- ☺ Becoming more aware of our bodily sensations in the moment (ie quick body scan) – ‘checking in’ with what’s going on for us.
- ☺ Being more aware of any negative thinking.

Connect	Be active	Take Notice	Keep Learning	Give
<ul style="list-style-type: none"> • Smilers Challenge – how long can you stare at each other without smiling? • Read a book – share a book with someone at home and take turns with the storytelling. 	<ul style="list-style-type: none"> • Den building – build a den inside or outside. • Dance – can you share five different moves with someone at home? Can they do the same back? 	<ul style="list-style-type: none"> • Mindful or Mind Full? People often think that being able to do lots of things at the same time will get more done. However, the opposite is true. By being mindful and focussing on one thing at a time, you can get much more done and it can help to feel calmer. <p>Draw a picture to show what it's like to have your mind full in this way. Then draw a second picture to show what your mind is like when you feel calm and focussed.</p> <p>Look at your pictures:</p> <ul style="list-style-type: none"> • Which version shows your mind right now? • When is your MIND FULL? • When are you MINDFUL? • What could you do differently so that you feel MINDFUL more often? 	<ul style="list-style-type: none"> • Spark up your creativity Imagine you're an alien who has just arrived on Earth from another planet. You see a sock for the first time but don't know that it goes on a foot (you may not even have seen a foot). How many creative ways can you think of to use the sock? <p>There's no such thing as a bad idea in this challenge. Let your imagination run free!</p>	<ul style="list-style-type: none"> • Message – record or write a message for someone in your family. • Dressing up – dress up in someone else's clothes or as a character. Put on a show. Make someone laugh.

<p><u>Colour spotting</u></p> <ul style="list-style-type: none"> • Pick a colour. • For the next few minutes, ask the pupils to look around the classroom and just pay attention to anything that is that colour or has that colour in it. • The aim is for you to simply notice this. 	<p><u>Balancing</u></p> <p>Balancing can be a fun way to investigate mindfulness of the body.</p> <ul style="list-style-type: none"> • Balance on one foot. • Pay attention to the muscles working to keep you balanced, the way it feels to tip to one side, and the natural reaction to put the other foot down when you feel like you may fall. • You could try doing different things such as raising a hand, switching legs, or taking a deep breath and noticing how you feel. You'll need to pay attention so you don't fall. • Continue this for a few minutes.
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