

Mindful moments

- The following activities have been adapted from the classroom Mindful moment boxes.
- These are all activities that pupils should now be familiar with.
- The aim of these is to aid pupils in being emotionally regulated.

Colouring



Threading



Playdough



Bubbles

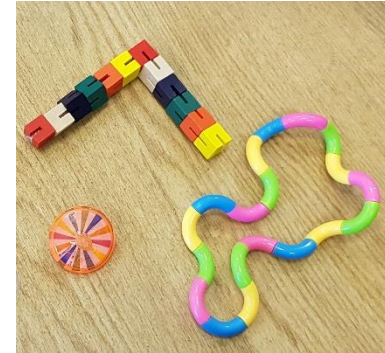


Blowing

Use a straw to blow a ping pong ball across the table.



Twiddles



Pipe cleaners

For shaping, twisting and bending.



Moving Marbles

Use your thumb and forefinger to move one marble at a time from one pot to another.

