

# TrinityLearning

## Peaceful Activities - Mindfulness and birds!

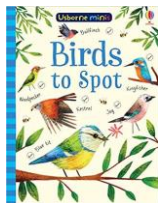


### Take a deep breath

This picture book offers a simple introduction to the idea of mindfulness. It shares ideas for how focusing on one aspect of an experience can help you to relax, feel calm and enjoy small moments.

### Shake, shake, shake

Shake up the glitter ball and then watch carefully as the glitter slowly falls. Sometimes emotions can feel like this too!



### Look and listen

This lovely little book is great for suggesting sounds to listen out for, as well as birds to look for from your window, or when you are out for a walk.

### Squeeze and squash

Squeezing, squashing, rolling and pinching Play-Doh is a great way to relax. This Play-Doh also smells amazing!



### Spinning

Can you spin the spinning top? How long does it spin for? Getting them to spin can be tricky so you might need to persevere!

### Drawing

Drawing is a great way to develop your mindful looking skills. Look for small details and how shapes fit together. Maybe you could have a go at drawing some birds?

