

30 Days of Summer Mindfulness

Cut out the table below fold the activities up and pop them into your 30 Days of Mindfulness Jar then each day take one out and do the task written on the paper. Have fun!

1. Do random acts of kindness. How many can you do in a day? Make a heart chart and colour the hearts in everytime you do one. ♥	2. Write down at least 5 things you love about YOU! ♥
3. Read your favourite book outside 📖	4. Practice sun salutation
5. Give a tree a hug! Why? Because we love them and they give us the very special gift of oxygen and we need that to breathe - now that is a very good reason to give a tree a hug 😊	6. Do a Cosmic Kids Yoga session of your choice.
7. Find a tree do a bark rubbing.	8. Play the gratitude game.
9. Make a nature/breathing wand.	10. Eat a mindful snack and make some fruity animals

<p>11.</p> <p>Do some mindful colouring. Go to the blog for colouring pages or you can use some of your own.</p>	<p>12.</p> <p>Bake some yummy cookies or cakes for family, friends or neighbours</p>
<p>13.</p> <p>Make a natural mandala.</p>	<p>14.</p> <p>Make some playdough (why not make it smell nice or add some glitter or food colouring).</p>
<p>15.</p> <p>Listen to your favourite music Have a dance How does it make you feel?</p>	<p>16.</p> <p>Do your superhero pose and hold it for at least 30 seconds or longer. Notice how you feel. Do you feel happy, sad, excited, calm? Make a superhero comic out of the printables on the blog.</p>
<p>17.</p> <p>Do some mindful breathing with your 'breathing buddy' then hold a teddy bears picnic.</p>	<p>18.</p> <p>Write or draw a picture for someone you love♥</p>
<p>19.</p> <p>Go on a yoga jungle safari with Cosmic Kids https://m.youtube.com/watch?v=C4CaR0syf1g Make something from the World Wildlife Fund website https://www.wwf.org.uk/learn/love-nature/get-making</p>	<p>20.</p> <p>Write kind or funny notes and leave them around for your family to find.</p>

21. Go outside lay on a blanket and do some cloud watching	22. Go on a mindful safari
23. Go on a gratitude scavenger hunt	24. Listen to The Listening Walk story then take your own Listening Walk with your family
25. Practice your hot cocoa breath then decorate your own hot cocoa printable.	26. Practice your bubble breath then play with some bubbles outside
27. Make a home for a mini beast	28. Practice your bee breath and then do a Bee Waggle dance. Colour in the bee printable. We love bees! ♥
29. Find a sit spot or if you already have one go to it and write or draw about how you feel and what you see or hear there	30. Choose an affirmation, make an affirmation bracelet and write your affirmation on it. Say it often to yourself throughout the day.