



THE CAMBRIDGE PRIMARY NEWSLETTER **APRIL 2022**

Wellbeing Wall

Below are five fun, mindfulness activities to try with your child to help them relax.

JUST ONE BREATH

- Find a relaxing place, sit comfortably and set a timer for one minute.
- Breathe deeply, in and out, listening to any sounds you can hear.
- Take a slow deep breath imagining the air moving deep into the lungs.
- Take one more deep breath, hold for a moment and then breathe out.



CREATE A GLITTER JAR

- Find a jar or plastic bottle and allow your child to decorate it however they like.
- Fill the bottle up $\frac{3}{4}$ of the way with water.
- Next add clear glue, food colouring and glitter. Then shake.
- Seal the lid and you are ready to go.

HEARTBEAT EXERCISE

- Ask your child to stand up and either jump up and down or do jumping jacks for one minute.
- At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels.



GOING ON A SAFARI

- Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.
- Notice the buds or the birds. Take a moment to kneel down and touch the earth
- Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.

TENSE AND RELEASE MUSCLE RELAXATION

- Staring at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
- Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
- Continue moving up the body for more relaxation.

