**Mindful Monday**



**Complete one of the following activities *(or as many as you like!)***

* **Try the Elephant Breathing Technique and build up different breathing techniques during the week.**
* **Try this guided visualisation called Being Happy!**

[**https://soundcloud.com/user-547419318/being-happy-walk-tall-si-p66-ciara**](https://soundcloud.com/user-547419318/being-happy-walk-tall-si-p66-ciara)

* **Go on a Sight and Sound Scavenger Hunt (attached).**
* **Do some mindful colouring or create your own art by taking a pencil for a walk! See how it’s done here** - [**https://www.youtube.com/watch?v=S2pS4pcnJy0**](https://www.youtube.com/watch?v=S2pS4pcnJy0)
* **Spend time with your loved ones & organise a Mindful Monday Family Movie!**

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