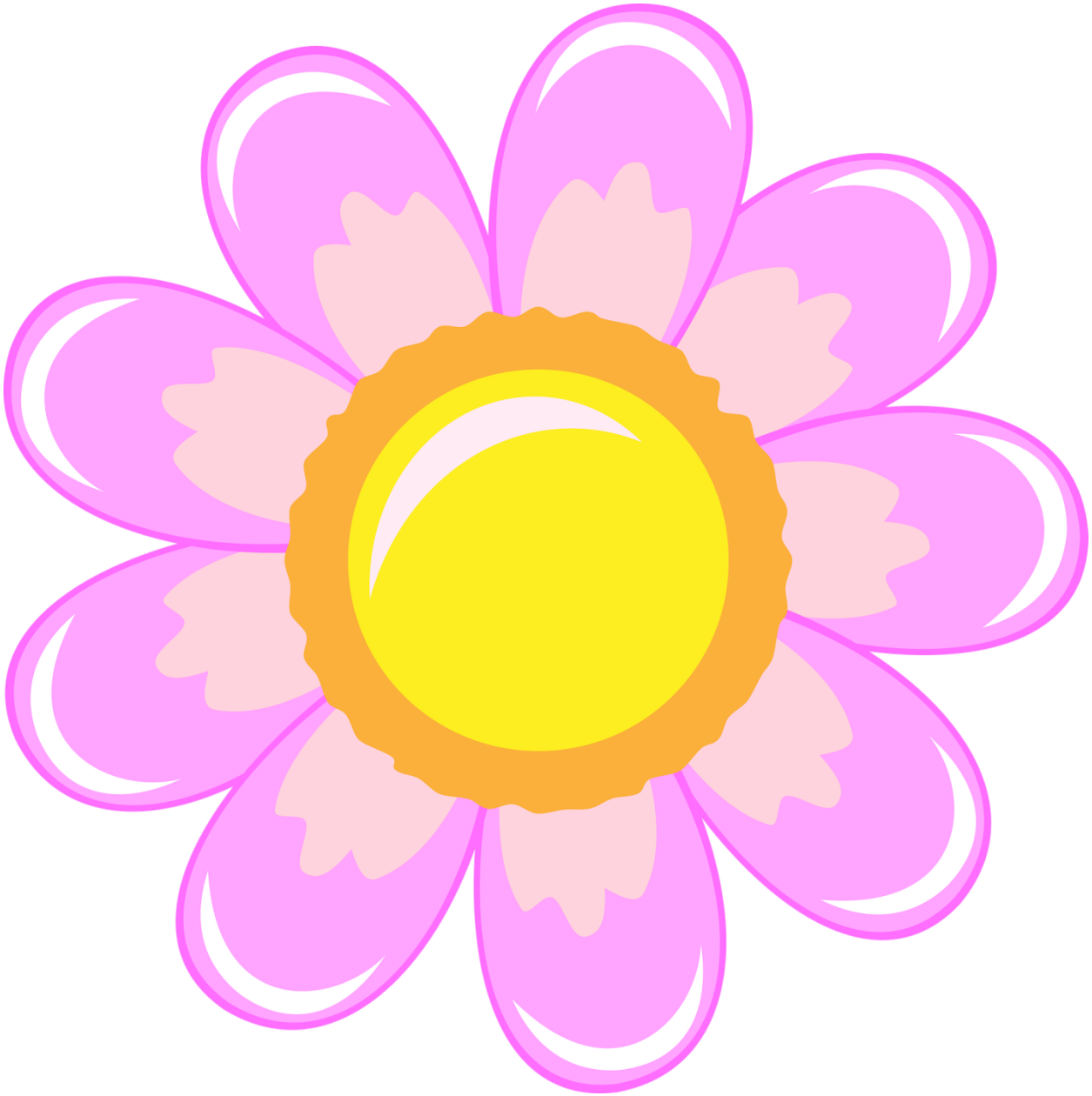
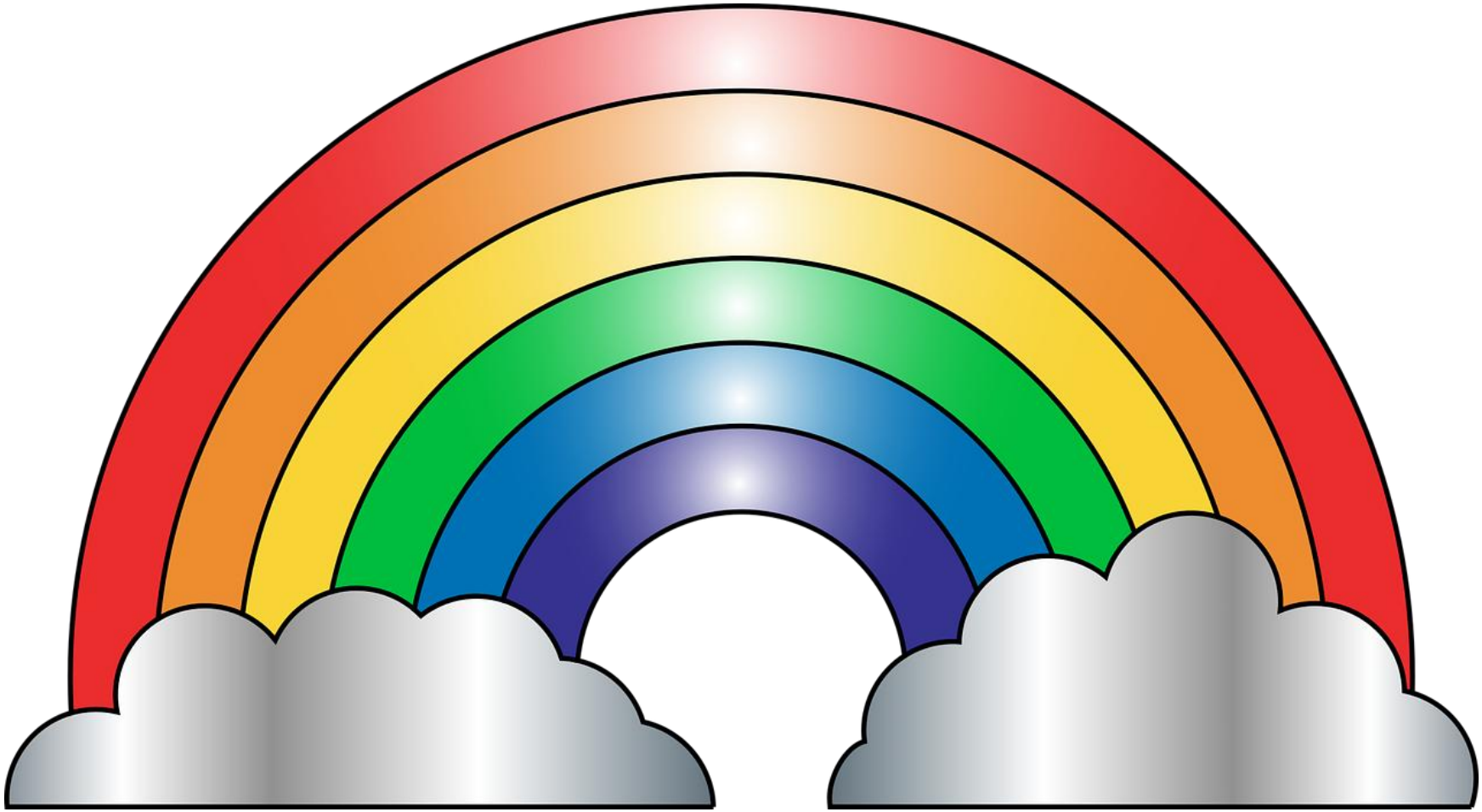
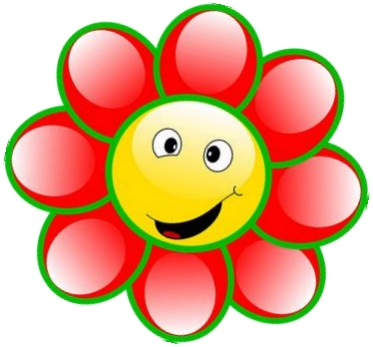


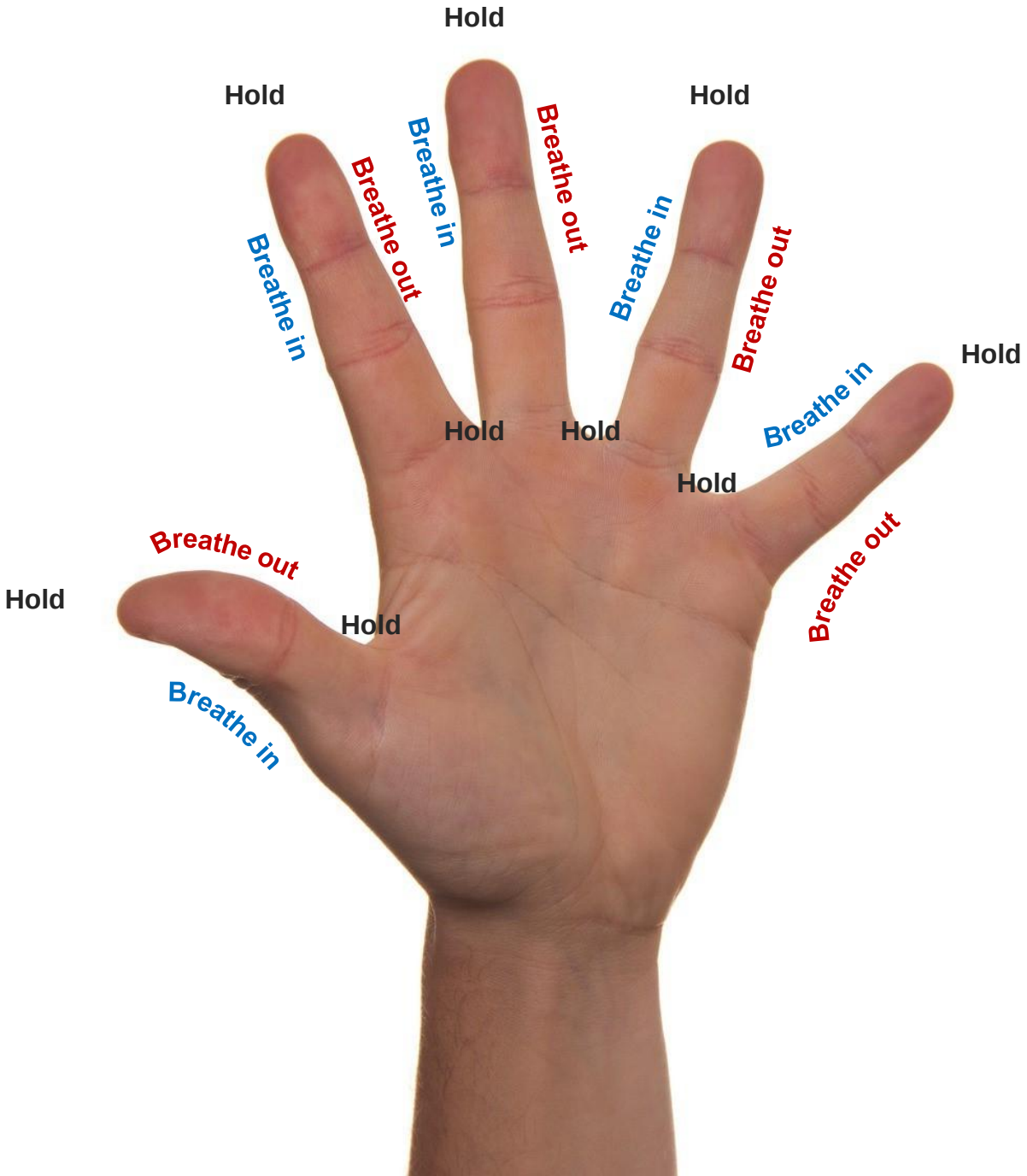


Anger
Embarrassed
Worried
Happiness
Silliness
Scared

Kindness Bingo



Wave or smile at someone	Pick up toys	Send a thank you note
Say something Kind	Make someone laugh	Give someone else a turn


Hold
Hold
Hold
Breathe in
Breathe out
Breathe in
Breathe out
Breathe in
Breathe out
Hold
Breathe in
Hold
Hold
Hold
Breathe out
Breathe out
Hold
Hold
Breathe in

Mindfulness Activity:
Make a Mindfulness Calming Jar

Fill a jam Jar with water and add some glitter.

Shake the Jam Jar

Watch all the contents as they slowly sink to the bottom of the jar whilst breathing steadily.

This is good for helping you to feel calm you if you are angry about something

Toothbrush Meditation

LOOK at your toothbrush? What do you notice about it?

Put some tooth paste on your brush. Take a big whiff of its minty **SMELL.**

LISTEN to the water as you wet your brush

What does the tooth paste **TASTE** like in different parts of your mouth?

Run your tongue along your teeth, how do they **FEEL** like now?