



CREATE A MINDFUL SPACE AT HOME!



IF YOU HAVE AN OLD RUG OR YOGA MAT OR BATHMAT YOU DON'T MIND YOUR CHILDREN TAKING CREATIVE AGENCY WITH, THIS IS A FANTASTIC ACTIVITY THAT HELPS THEM TAKE OWNERSHIP OF THEIR MINDFULNESS.

You can chop them up, you just need it to be big enough for each child to be able to sit cross legged on their own piece. Now with whatever you have, paints, thread, buttons and beads etc, bring them all out! Get your children to each draw a circle in the middle of their mat, big enough for their feet to stand on, you can draw around their feet if that's easier.

Now let their creativity run wild, they can draw their favourite yoga poses. Or patterns from their draw my breath exercise, a pair of hands for grounding down, figures of 8, whatever resonates with them most in their yoga and seedlings wellbeing activities.

Once its dry, you can instil that their mat or spot, is only for them and they can put it in their room or wherever they practise their mindful activities most. That whenever they need to take some breaths they can retreat to their mat, whenever playing yoga games it can be their station, bringing it out so it is their safe space where only mindful things happen. If they like exploring their senses, you could drop essential oils into the centre spot to add another dimension.

Make sure to send us pictures of your wonderful creations!!