Right now, what are three things you can hear?

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Right now, what are five things you can see around you?

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What are three things you are grateful for?

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Find something close to you and take time to notice every feature close up.

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Think of three things you can do today to help someone else.

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Take three big belly breaths, taking the time to feel your stomach grow and deflate.

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Have a ‘mindful’ snack, recognising the smell, texture and taste of the food.

Take a look outside and observe three things you didn’t notice at first glance.

Take a moment to lie down and observe the clouds. Can you see any shapes?

Draw the emotions you feel right now. Either how they are portrayed physically or from an abstract perspective.

Recognise an emotion you are feeling and think about where you feel it in your body.

Listen to some music and count how many different instruments you can hear.

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Monitor your heartbeat right now. Complete some short exercise and check your heartbeat again. What do you notice?

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Pick a muscle to tense and then relax it. Recognise what it feels like and what other muscles are impacted.

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Make some mindful observations of how others in your class might be feeling.

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Find a place in the classroom where you can take some quiet time to gather your feelings.

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Practise some mindful colouring.

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Start or add to a wellbeing journal. You can write your feelings, worries and/or things you are grateful for.

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