

Year 6 Mindfulness Challenge Cards!




Practice each challenge for 1 minute or more.

Record your answers in your homework book or on a blank piece of paper.

1.

Mindfulness Challenge Cards ★

Listen to a song. Put your pencil on paper and draw what the music does.





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How does this song make you feel? Colour in your drawing using colours that represent your emotions.

2.

Mindfulness Challenge Cards ★

Close your eyes and listen very carefully. What sounds did you hear?



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Record these sounds in sentences.

3.

Mindfulness Challenge Cards ★

Put a leaf or flower near your nose and slowly breathe in and out. What does it smell like?



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List a group of adjectives – be sure to use your knowledge of synonyms. Write 2 – 3 descriptive sentences using a simile, metaphor or personification.

4.

Mindfulness Challenge Cards ★

Think about a happy place. What can you see, hear, taste and smell? How do you feel?



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Create a short description of your happy place. What qualities of your happy place can you find in your everyday life?