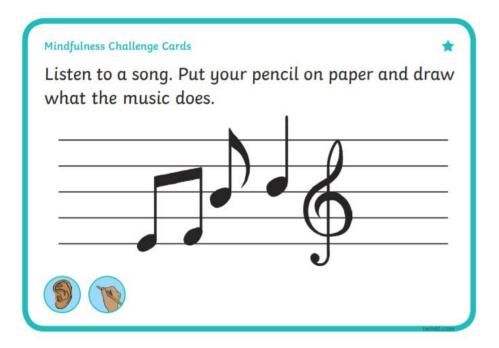
## **Year 6 Mindfulness Challenge Cards!**

Practice each challenge for 1 minute or more.

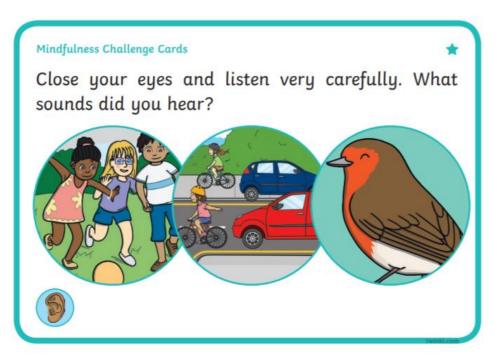
Record your answers in your homework book or on a blank piece of paper.

1.



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

2.



Record these sounds in sentences.



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.



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