



**Highsted Grammar School**  
**Mindfulness Activities**

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Try to carry out a mindfulness activity at least once a day

Consider the time you have available to complete the activity, as the time required for each activity varies.

Listen to music Play your favourite song and sing!	Watch a good film Laugh out loud!	Play a board game. You can even play this virtually with friends.
Keep a diary. This will be interesting to look back on.	Eat healthily Plan a healthy balanced meal	Carry out the breathing technique For 10 minutes: 'Breathe in for 7 and out for 11.'
Meditate Put on soothing music, in a quiet place and clear your mind	Complete an exercise workout You could join the nation in the Joe Wicks' workout	Brain Teasers Carry out stimulating brain teaser <i>eg</i> Sudoku
Colouring Select a colouring picture and complete	Walk, Jog or Run Exercise outside if possible	Puzzles Complete a Jigsaw puzzle