

# Mindfulness Daily Challenge

How many challenges can you complete?! Mrs Lucas and Mrs Leese would love to hear about the tasks you have completed!! Email the ELSA mailbox!

<p><b>Day 1</b></p> <p>Stand outside, concentrate your attention on the sounds that you can hear.</p>	<p><b>Day 2</b></p> <p>Find somewhere comfy to sit. Close your eyes and for five minutes listen to yourself breathing.</p>	<p><b>Day 3</b></p> <p>Do some exercise today.</p>	<p><b>Day 4</b></p> <p>Tell someone you love them. Watch their face carefully to spot how they feel. How do you feel now?</p>
<p><b>Day 5</b></p> <p>Pick your favourite colour and dress only in that colour.</p>	<p><b>Day 6</b></p> <p>Listen carefully to a piece of music, thinking about how it makes you feel.</p>	<p><b>Day 7</b></p> <p>Put some hand cream or hold a strong, smelling flower such as lavender. Concentrate on the smell.</p>	<p><b>Day 8</b></p> <p>Snuggle in bed with your favourite book.</p>
<p><b>Day 9</b></p> <p>Write down five things you love about yourself.</p>	<p><b>Day 10</b></p> <p>Eat ten different coloured fruit and vegetables. Notice the taste and texture as you eat.</p>	<p><b>Day 11</b></p> <p>Go for a walk taking notice of the nature around you.</p>	<p><b>Day 12</b></p> <p>Go to bed a half hour early.</p>
<p><b>Day 13</b></p> <p>Tidy your bedroom. How do you feel when it's finished?</p>	<p><b>Day 14</b></p> <p>Pay someone a compliment. Watch their face carefully to spot how they feel. How do you feel now?</p>	<p><b>Day 15</b></p> <p>Wear your favourite outfit all day no matter what you are doing.</p>	<p><b>Day 16</b></p> <p>Help to make a healthy meal.</p>
<p><b>Day 17</b></p> <p>Write a list of at least five things you are proud of about yourself.</p>	<p><b>Day 18</b></p> <p>Pick a friend or family member. Write a list of at least five things you are proud of about them. Tell them. Ask them how they feel. How do you feel now?</p>	<p><b>Day 19</b></p> <p>Give someone in your family a hug.</p>	<p><b>Day 20</b></p> <p>Make a card for someone you love.</p>
<p><b>Day 21</b></p> <p>Ask your parents to give you a chore that needs doing.</p>	<p><b>Day 22</b></p> <p>Do some baking.</p>	<p><b>Day 23</b></p> <p>Notice three things you can smell.</p>	<p><b>Day 24</b></p> <p>Have day without any electronics - phones, Nintendo's, Xboxes, Playstation's or TV.</p>
<p><b>Day 25</b></p> <p>Practise deep breathing for two minutes.</p>	<p><b>Day 26</b></p> <p>Get out your favourite crayons, pencils or felt tips and colour.</p>	<p><b>Day 27</b></p> <p>Watch a funny film.</p>	<p><b>Day 28</b></p> <p>Ask someone how they are today and really listen to their reply.</p>
<p><b>Day 29</b></p> <p>Write a list of all the things you are grateful for.</p>	<p><b>Day 30</b></p> <p>Look in a mirror. Look carefully at your face, the shapes, colours, shadows. Paint yourself.</p>	<p><b>Day 31</b></p> <p>Write a list of things you will achieve in the next year and say to yourself "I can do this."</p>	

