



Activity 81

Creativity



Activity 34

Concentration



Activity 26

Relaxation



Activity 16

Positivity

Meet the Monsters

Relax with Snug

When did you last take 5 minutes to just relax? Snug knows it can be tricky to find the time in our busy schedules to take some time to check in on ourselves, so she loves to encourage you and your little ones to do just that!

Concentrate with Thinky

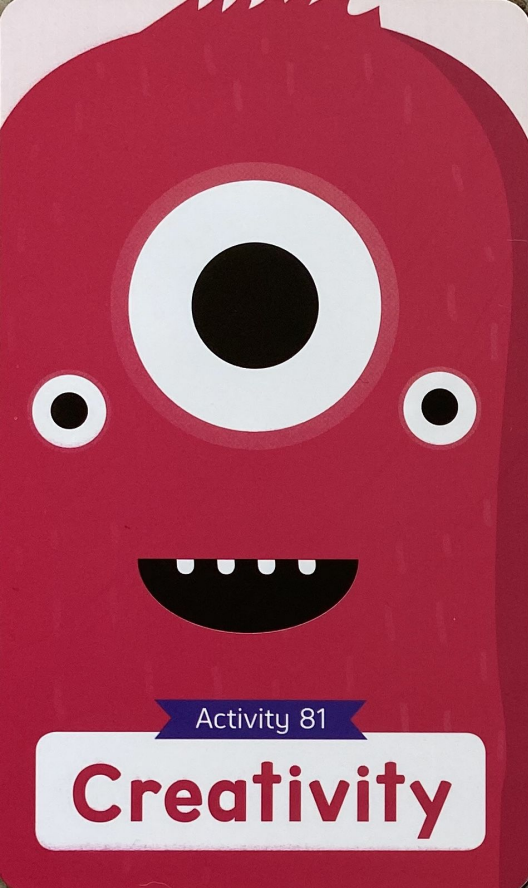
We all have trouble concentrating sometimes. That's why Thinky the concentration monster is here to give your little ones a helping hand with fun techniques to help them focus.

Get creative with Sparky

Creativity is good for the brain and the soul! Our creativity monster Sparky will get your little ones to unleash their imagination with creative activities and games.

Be positive with Giggles

You can't help but have a laugh when Giggles, the positivity monster, is around. Giggles brings out the best in everything and everyone. He's here to help your little ones smile from ear to ear.



Activity 81

Creativity

Activity 6

What was that?

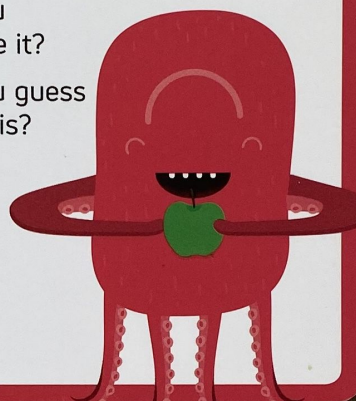
Close your eyes and ask someone to put something in your hands.

Don't peek! See if you can guess what it is using just the way it feels and smells.

It smells really sweet...

Can you describe it?

Can you guess what it is?



Activity 21

Just dance!

Find your favourite song and dance like no one is watching.

Stop thinking. Start dancing.

You can give any part of your body a wiggle. It feels good!

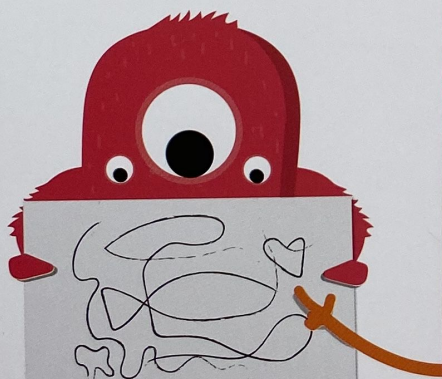


Activity 58

Scribble art!

Close your eyes and scribble on a piece of paper.

Then the fun part – see what you can spot in your scribbles!



I can see so many things!
There is a heart.

Activity 59

Copycat!

Sit opposite someone and try to copy each other's movements.

What makes you different from each other?

Isn't it wonderful how special we all are?

We're both very smiley Giggles!



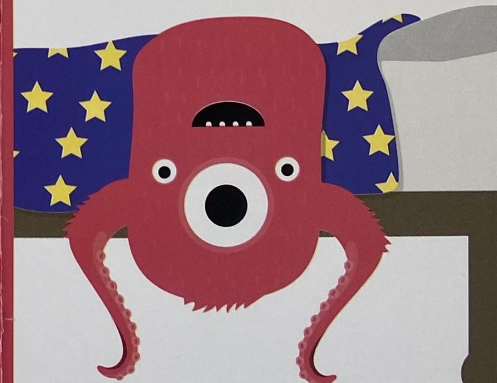
Activity 65

Topsy-turvy!

Lie upside down on the sofa, or your bed, or even the floor.

What does the world look like upside down?

What new things do you notice?





Activity 34

Concentration

Activity 57

A secret message...

Trace a secret message on someone's back.

Can they work out what your secret message was?



Activity 4

Rain maker...

Pour some uncooked rice into a plastic bottle.

Now, close your eyes, tip the bottle and imagine you're in a rainforest.

Can you hear the rain?



Activity 24

What's that smell?

Collect some things that have a strong smell.

Now, take it in turns to close your eyes and guess what you're smelling.

What was your favourite smell?

Mmm my favourite smell... oranges!



Activity 63

Heart beats

Shut your eyes and tune into your heart beat.

Can you feel it?

To make this easier, put your hand over your heart, or you can jump or dance to help you find it.



Activity 69

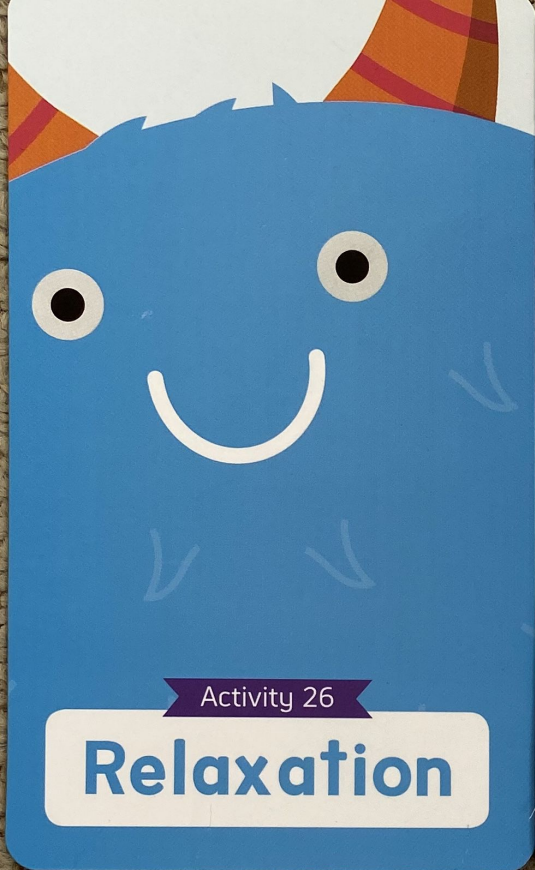
Balance buddies!

Sit opposite each other with something balanced on your head.

Give the other player a signal, like a wink, before you let the object fall.

Did your partner manage to catch it?





Activity 26

Relaxation

Activity 20

Squeezy!

Lie down and close your eyes.

Squeeze and relax every muscle in your body, one by one.

Start at your toes and work all the way up to your face!

Do you feel more relaxed?



Activity 30

Count the colours!

Look around you. How many different colours can you see?

Pay attention to the little differences between similar colours.

What's your favourite and why?



Activity 55

Huff and puff!

Can you breathe like a snake?
What about a whale?
Or a dog?

See how many other animals you can breathe like.

How does the sound you make change?



Activity 66

Belly breathing

Lie on the floor and put a teddy on your tummy.

Fill your tummy with air and watch teddy getting higher.

Then see how he falls when you breathe out.

Try this a few times. Do you feel more relaxed?



Activity 76

Blow that bad dream away

Blow your bad dream into your hands and catch it.

Open your hands and let your bad dream float away.





Activity 16

Positivity

Activity 13

Play the day!

What kind of day have you had?

Now, find a creative way to act it out – like using sock puppets!

The more fun you have, the better you'll feel about your day...



Activity 10

Strike a pose!

Turn yourself into a statue that shows people how you're feeling today.

Do you feel tall like a superhero, or quiet and curled up like a hedgehog?

Talk about why you chose your pose.



Activity 11

Blowing bubbles!

Fill a glass with milk and pop a straw in it.

Blow into the straw and watch bubbles appear!

How big can you make the bubbles? Can you count them?



Activity 56

World Of Wonders!

What's made you go 'wow!' today and why?

It could be a moment, person, event or anything you like.

This is a nice activity to do together at dinner time!

I saw a big, colourful dragonfly today.

Wow!



Activity 82

Say something nice

Paying someone a compliment is a very kind thing to do.

You could say they look nice or that you enjoy spending time with them.

How many people can you compliment today?

How does it feel?

Thanks

You are very cuddly Snug





Amy L, parent of two, children enjoying Mindful Monster activities.

"Habits formed early in life will inform behaviors in adulthood, and with mindfulness, we have the opportunity to give our children the habit of being peaceful, kind and accepting." [Gelles. NY Times](#) 

We know that the thought of getting your little ones ready to handle the trickier things in life can be a daunting task.

That's why we created Mindful Monsters.

Born out of the need to get children ready for life's ups and downs. The Mindful Monsters are here to build emotional resilience from a young age and help your children grow up to be kind and caring.

Focussed around 4 key areas; positivity, relaxation, concentration and creativity. We'll send you monthly deliveries of unique activity cards that are designed to make practicing mindfulness easy and fun.



Why Mindful Monsters?

Quality time together

We know it can be tricky to juggle spending quality time with the family, getting the washing done and cooking the dinner. Mindful Monsters makes spending quality time together easy. Simply bring the activity cards with you when you're out and about and start creating magic moments wherever you go!

Build emotional resilience

Life can be challenging but with the Mindful Monsters activities we hope your little ones will learn coping mechanisms to take with them to make the most of each and every day.

Support disabled people and their families

Mindful Monsters supports the charity Scope, so while you're supporting your little ones to become emotionally resilient, you'll also be supporting disabled people and their families.