

A Moment to Remember Jar



We know it can be upsetting when we are not allowed to spend time with the people we love. Some of you may be missing your grandparents, other members of your family and friends. This keepsake jar is a great way to remember all the things you love about them. Decorate the jar however you wish and then write lots of memories that you have shared. When you are really missing this person, read all the notes in your jar to make you feel better. When you are allowed to spend time together again, it would be a lovely idea to share your notes with that person.

Although your memories will be personal to you, we would love to see photos of your completed jar! You can email these to your class Teacher for us to share!

Allow time for relaxation and mindfulness in your week. This really helps your mind to stay healthy and relaxes your body. Try some of the activities below. Your grown ups might like to join in to as their wellbeing is important too!

You can highlight the links, right click and select 'open hyperlink' or copy and paste into your web browser. Enjoy!

'The flower' guided meditation

https://youtu.be/Bk_qU7I-fcU

Body Scanner

[Guided Meditation for Kids | BODY SCAN | Mindfulness for Children - YouTube](#)

A TO Z OF MINDFULNESS

A AWARENESS
of yourself
and
surroundings

B BELIEVE
in yourself

C CALM
and relaxed

D DAYDREAM
and let your
thoughts
wander

E EMPATHISE
with yourself

F FEEL
and
acknowledge
your emotions

G GRATITUDE
be thankful
for what
you have

H HAPPINESS
let yourself
be happy

I IMAGINATION
use yours

J JOY
be joyful

K KINDNESS
to yourself
and others

L LISTEN
to what is
happening
now

M MEDITATE
and learn
how to
relax

N NATURE
enjoy all the
nature
around you

O OPEN
your mind to
the sensations
around you

P PEACE
find
peacefulness

Q QUIET
find a quiet
place with no
distractions

R REST
your mind
for a
minute

S SEE
what is
around you right
now!

T TIME
be here now
in the present
moment

U USE
your
senses

V VISUALISE
your happy
place

W WELLBEING
look after
yours

X EXHALE
slowly

Y YOGA
learn some
exercises

Z ZEN
be at
peace



Visualizing



The picture you make in your mind while reading.