The Mindful Dragon:

Watch the Zoom recording of the story of The Mindful dragon.

Did you enjoy that story?

What did you like about it?

What were some of the things that the mindful dragon did to stay in the present moment?

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| Can you answer these questions about the Mindful dragon? |
| 1. What did you like about this story?
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| 1. What were some of the things that the dragon did to stop feeling sad?
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| 1. When you are feeling sad. What things do you do to feel better?
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| 1. If you had a dragon and it was sad what would you do to help it be more mindful?
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If you had a pet dragon, what would he/she look like?

Can you draw picture of your dragon?

Mindful Dragon activities to do at Home:

1. Have a mindful breakfast: Before you eat……Look really carefully at the food in front of you. Study each ingredient carefully. Note the different colours sizes and patterns on the food. Smell each ingredient.

When you put your first piece of food in your mouth, don’t gobble it down!!!. Keep it in your mouth for a while. Feel it all over with your tongue. Then slowly take your first bite. Wow. How does that taste? I bet that tastes nice.

You can even try and think of how that food got onto your plate or into your bowl. How many people were involved? Someone to plant the food, harvest it, package it, transport it to the shop, your parents to buy it ………So many people to be grateful to. We could even be grateful to the sun and the rain for helping the food to grow.

**Now that’s what I call a mindful breakfast! I hope you enjoyed it?**

 **Here are some other mindful things you can do on your own or with your family.**

**You can……**

Listen to some music and see how many different instruments you can each hear

**OR**

Look out of the window at the sky and watch the clouds. Which way are they going? Can you see if any of the clouds look like people or animals? What can you see in the clouds?

OR

4. Play the “Press the pause button’ game. So, when something happy or good or fun happens in your house you say “ PAUSE” and say “that feels good “and stay in that happy moment for a little while.

 **Happy happy mindfulness everyone**