

Activity A

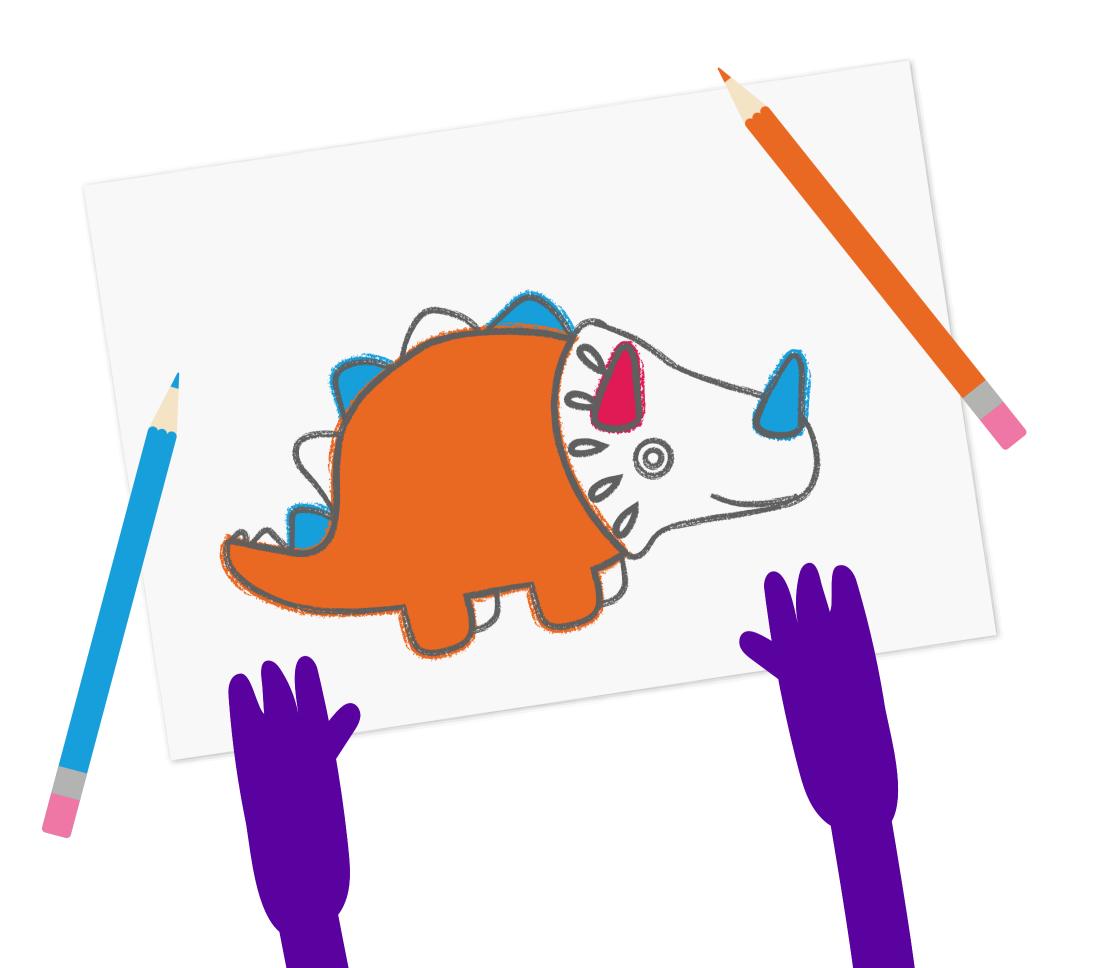
Concentration

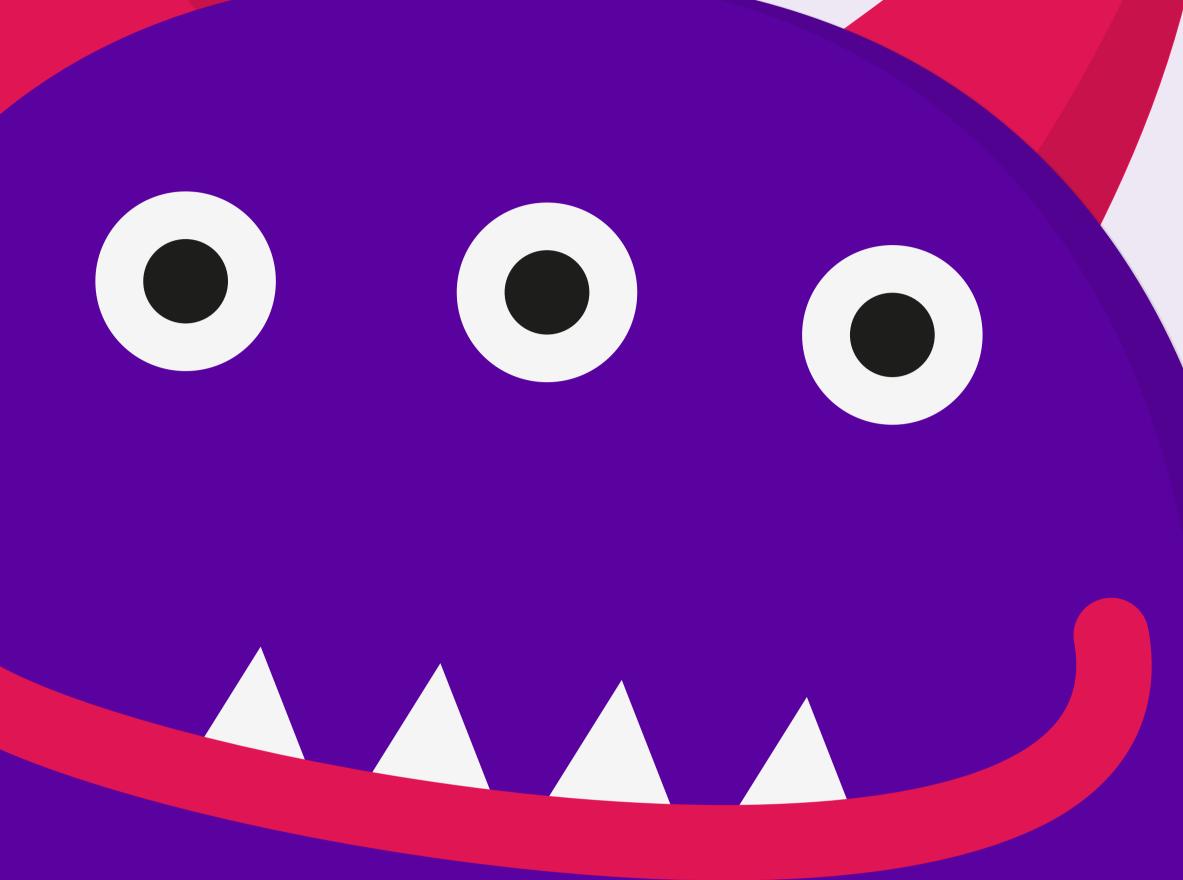
Activity A

Opposites

Draw an animal with the hand you normally write with.

Now try drawing it again with your other hand. It's a bit more tricky isn't it?





Activity B

Concentration

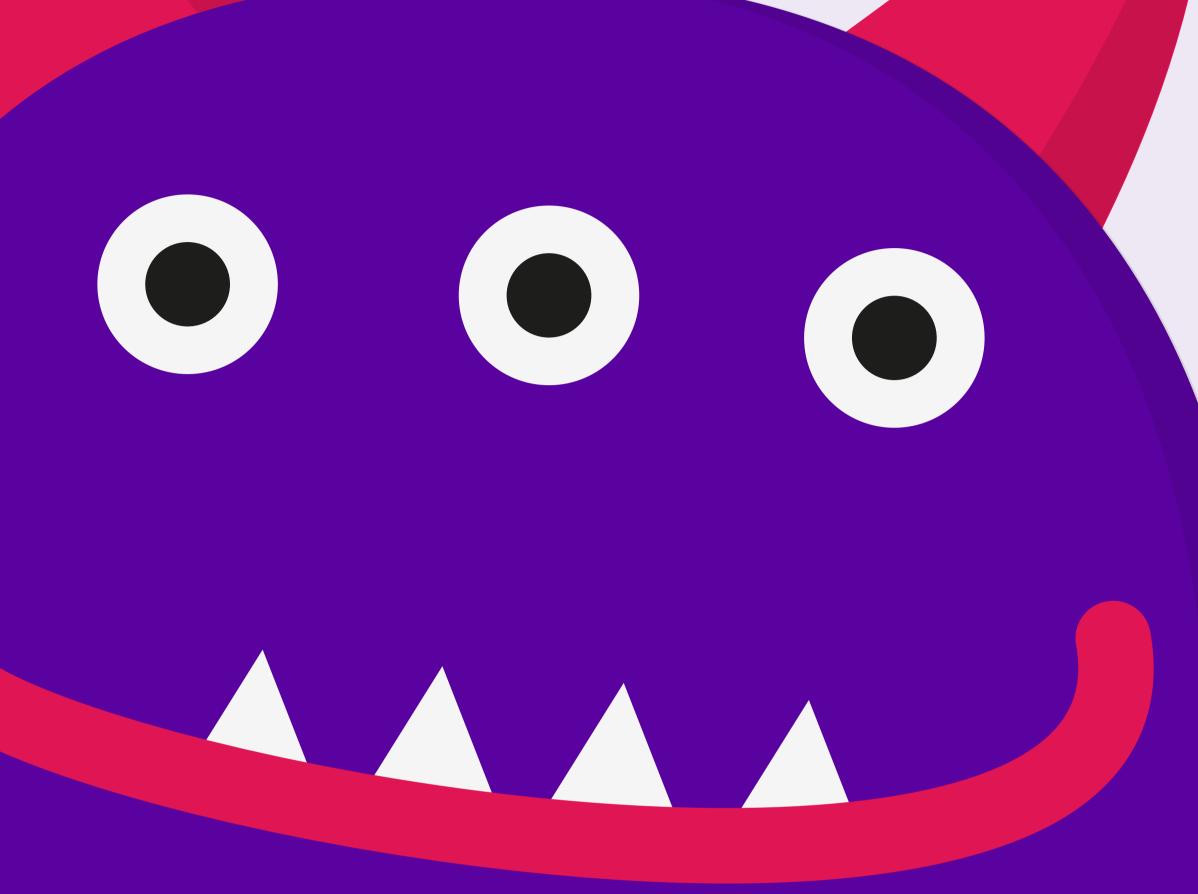
Activity B

Find and seek

Search each room of your house and find something that is your favourite colour.

How many things have you found?





Activity C

Concentration

Activity C

Bingo bango

Stand in your garden or doorstep, try and listen for:

A dog barking

Birds chirping

A car driving by



When you have heard them all shout 'Bingo Bango'!



Copyright © Mindful Monsters 2020