

For more information on these mindfulness activities go to [www.barnardos.ie/mindfulness](http://www.barnardos.ie/mindfulness)

# Mindful Moments

## Breathing

Belly Breathing  
Shape Breathing  
Hot Chocolate Breathing



## Touch

Play Dough  
Finger Tapping  
Mindful Steps



## Scent and Taste

The Nose Knows  
Soothing Hands  
Mindful Eats



## Sound

Mindful Sounds  
Listening Ears  
Audio Visualisations



## Body

Fill Your Bucket  
Gratitude Tree  
All About Me



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