

Activities for the Early Years that support Mental Wellbeing

1. Listening

Sit down, shut your eyes, stay really still and listen out for different sounds. What can you hear?



2. Looking at clouds

Lie down outside or stand and look up at the clouds (taking care not to look directly at the sun). What shapes can you see? How do the clouds change as they move along?



3. Bubble balloon game

Blow up some balloons and play the don't-touch-the-floor game, by keeping the balloon in the air. Focus on gentle movements. Pretend that the balloons are bubbles that might pop, so you can only tap them delicately.

