

Mindfulness Colouring

Gotcha Garden Gnome



Year: K-6

Resource Description: This practice of mindfulness colouring encourages students to cultivate present-moment awareness. It promotes a sense of calm and relaxation, ultimately fostering emotional wellbeing.

This resource can help to shift the room's energy. Print out your garden gnome sheets for students to engage with. You may like to play calming background music to enhance the sense of tranquility and concentration.

Resource Objective: Mental Fitness Focus.

Most suitable time to integrate this resource: To help students concentrate following sport, as a transition or at the end of the day.

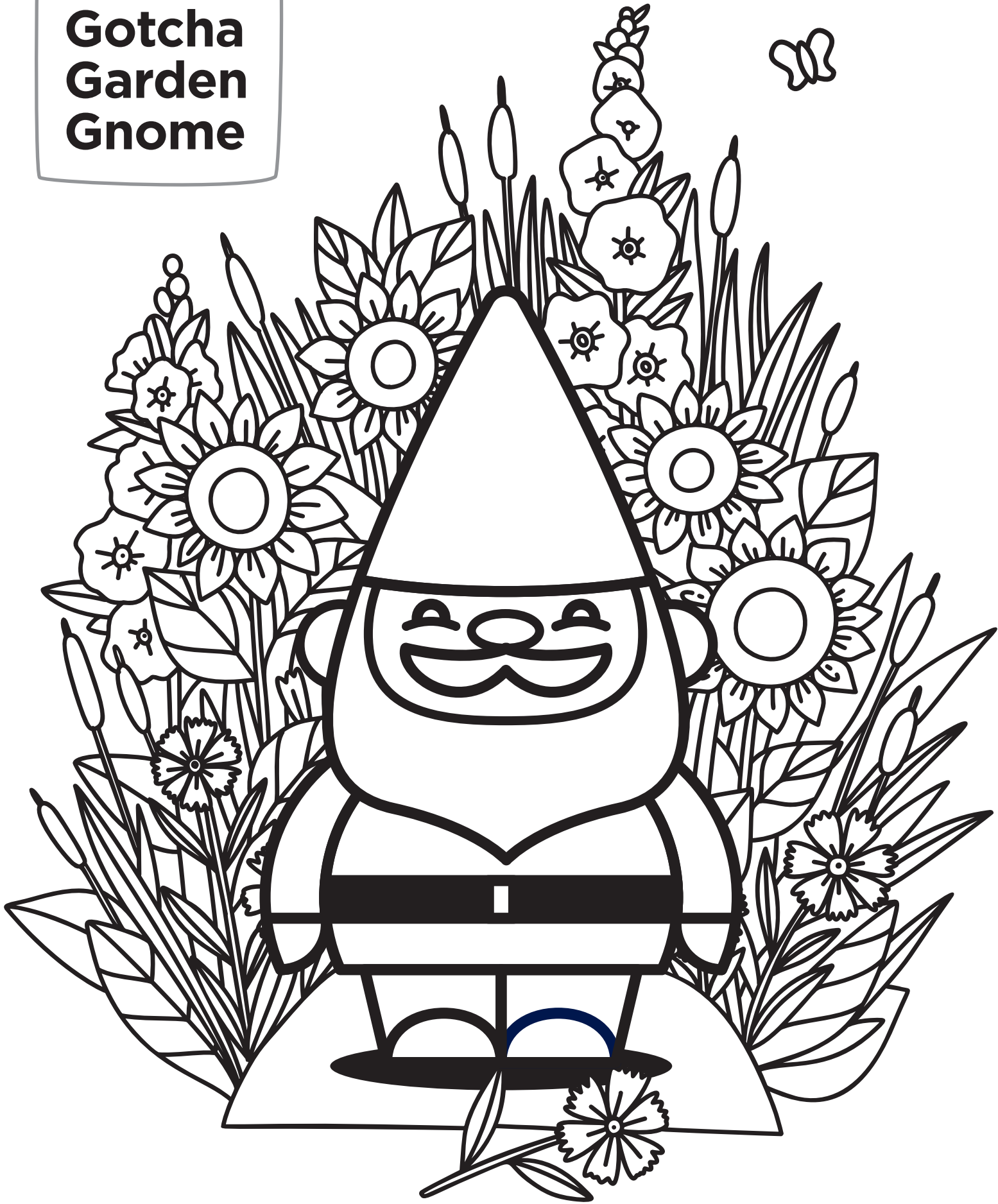
Gotcha4Life Protective Factor link: Emotional Adaptability
(‘Build your emotional muscles’)

Let's build our mental fitness together

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