

### Three weekly mindfulness timetable

Monday	Tuesday	Wednesday	Thursday	Friday
CBBC Mind Boosters	Counting colour	Square breathing	Listen to your surrounding areas	Countryside landscape view You Tube

Monday	Tuesday	Wednesday	Thursday	Friday
CBBC Mind Boosters	Imaginary balloon blowing	Hand tracing	Focus on an object	Countryside landscape view You tube

Monday	Tuesday	Wednesday	Thursday	Friday
CBBC Mind Boosters	Make a fist	Finger touching while breathing	Listen to your breathing	Countryside landscape view You tube