

DAY 11

THE MINDFULNESS PROJECT



Today's challenge is set by Tangled Feet who create original theatre performances, sometimes inside theatres but often in other public spaces. Tangled Feet are delivering their Mindfulness Project through a series of online workshops for families on YouTube, as well as sharing short mindful activities.

Do

Create a sensory storm! Find a container to put some water in (a jar, a pot or a sink would work well.) Put into your container something that you can swirl around. You might like to use glitter, beads, food dye, cotton wool or even rice. Stir or shake the water, and watch the stormy swirls. Watch it and take big, deep breaths until the water is still and calm.

Emily from Tangled Feet made a Storm in a Jar. You can find the video on the Tangled Feet Youtube channel [here](#).

If you have more time...

Tangled Feet have got 10 mini mindful exercises like these. If you would like to have a go at another one, find the list [here](#).

Think


How did you feel before and after you did this challenge?

When you feel a bit 'stormy', what helps you to feel better?

Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.

 @tangledfeet
 @tangledfeet
 www.tangledfeet.com

Resources

You'll need to find a container to fill with water, and something to swirl inside it.

