



My Mindful Summer

☀️ A pick-your-own guide to calm, for the whole family — stick me on the fridge! 🌈

How to use this board: No dates, no pressure — just choose a box below that fits how everyone's feeling today. Take turns picking, do the same one every day if you love it, or let each person choose something different. Missing a day is completely fine. The only rule is there are no rules!

☀️ Sunny Day Calm

🍷 Popsicle mindful eating

Slowly eat an ice lolly or ice cube, noticing every drip, taste and melt.

😓 Cooling breath

Breathe in through your nose, then blow out slowly, like fogging up a window.

💧 Water sensory play

Splash in the paddling pool or hose and notice the sounds, splashes and cool feel.

🌳 Shade blanket game

Lie under a tree and take turns naming what you can hear, see and smell.

👣 Barefoot walk

Walk slowly on grass or sand, noticing exactly how each step feels underfoot.

☁️ Rainy Day Calm

🎧 Rain listening

Sit by the window and simply listen to the raindrops for a few quiet minutes.

🖍️ Mandala colouring

Colour a mandala pattern slowly, focusing only on the colours and shapes.

🎵 Meditation story

Get comfy, lie back, and simply listen to a calming story or playlist.

🙏 Gratitude jar

Write one thing you're grateful for today and pop it in a jar to keep.

✨ Vision wish list

Draw or write down the things you're excited to do, try or become.

🌲 Get Grounded

🌲 Forest bathing

Take a slow walk among trees, noticing the smells and sounds around you.

🧘 Yoga stretch

Try a few gentle yoga poses together, noticing how your body feels.

🏃 Skip & cartwheel

Skip, hop or cartwheel outside, paying attention to your body as it moves.

🌈 Rainbow walk

Go for a walk and try to spot one thing of every colour of the rainbow.

👂 Sound meditation

Sit still for five minutes and count how many different sounds you hear.

💛 Connect & Reflect

🙏 Gratitude share

Take turns saying three things you're grateful for today, out loud.

🌀 Imagination journey

Close your eyes and take turns leading each other on a magical adventure.

💬 Mindful chat

Ask each other how your body feels right now, from head to toe.

💌 Write a note

Write a kind note to a friend or family member and give it to them.

👨‍👩‍👧‍👦 Family meditation

Set a time — 6am or anytime! — to sit together and meditate as a family.

Explore more with our **Mindful Parenting** and **Mindful Grandparenting** courses, and the children's book meditation playlist — perfect for wind-down time.

Join our mailing list to be first to hear about new blog posts and special offers.

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