

Top tips for mindful play

- * Forget about the state of your house and get messy. 
- * Create an interesting cake that you have not made before.
- *  Get building and create something out of not very much.
- * Make daisy chains and lay on the grass for a while. 
- * Stop and look at things closely. Take the time to ponder.
- *  Talk about growing things and look at the seeds in veg.
- * Get some bubble mixture; breathe slowly and calmly.
- * Turn upside down and hold a yoga pose. Streeetch!
- * Build a den with blankets and cushions.
- * Save a few boxes and glue them together. 
- * Build a campfire and watch it for a while.
- *  Make a marble travel as far as possible.

FOCUS ON THE PROCESS AND DONT WORRY ABOUT THE RESULTS!