



THE SNUG



Welcome to our Snug  
Let's have some fun!

To access the links, hover over the images, some of them will take you to fun activities.



# Why not try a few of the Mindfulness Challenges

Listen carefully with your eyes closed to any sounds you can hear. After one minute, open your eyes and write down everything you heard.



Lie with your back on the floor and place a soft toy on your tummy.

Breathe in and out slowly and deeply and try to concentrate on the way your toy rises and falls with your breathing.



Close your eyes and ask a partner to pass you an object that you can hold in your hands.

Touch and turn the object, describing each aspect in detail to your partner and then swap places.



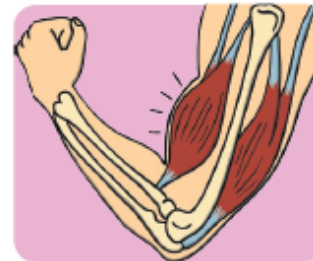
Lie on your back outside and close your eyes so you can use all of your senses except for sight.

Notice the feel of the air, the feel of the ground, the sounds that surround you and any smells that are present.



Lie comfortably on your back on the floor. Move your attention around your body by tensing and clenching your muscles and then relaxing them. Hunch your shoulders, then let them go.

Make your hands into fists then tighten the muscles in your arms before relaxing them. Continue to move around your body repeating this process.













Find something with a strong and pleasant scent e.g. lavender or orange peel and place it close to your nose.

Try to concentrate just on the smell for a whole minute.





Have a Google then start a Doodle in the style of a famous Scottish artist.

Margaret Macdonald 1864 - 1933	Charles Rennie Mackintosh 1868 - 1928	Anne Redpath 1895 - 1965	William Gear 1915 - 1997	Elizabeth Blackadder 1931 - Present
				
				

Why not create your own doodle in the style of one of these artists!

Play some music whilst creating!

@teachinginteaching

# Positive Thinking

## Design a Positive Thinking Cap

Design a cap with colourful messages about positive thinking. You might want to try different kinds of writing, use illustrations and symbols. Just remember to keep positive. This can be completed on paper.

### Helpful words and phrases:

- You can do it!
- Go for it!
- Keep going!
- I can do this!
- This is great!
- Challenge
- Perseverance
- Resilience
- Determined
- Goal
- Reach for the stars!
- Happy
- Stick at it!
- Super me!



# Scavenger Hunts

## INDOOR SCAVENGER HUNT

primary playground

- Find a fork.
- Find something that is red.
- Find a tissue box.
- Find 3 things that have wheels.
- Find an orange crayon.
- Find something that is very soft.
- Find a band-aid.
- Find a key.
- Find 2 socks that match.
- Find something round.
- Find a sticker.
- Find a rubber band.
- Find a pair of glasses.
- Find an envelope.



## RAINBOW SCAVENGER HUNT

primary playground

- 🌈 Find something red.
- 🌈 Find something yellow.
- 🌈 Find something orange.
- 🌈 Find something green.
- 🌈 Find something blue.
- 🌈 Find something purple.
- 🌈 Name a fruit that is red.
- 🌈 Name an animal that is yellow.
- 🌈 Name a vegetable that is orange.
- 🌈 Name a plant that is green.
- 🌈 Name a flower that is purple.
- 🌈 Name something outside that is blue.



## NATURE SCAVENGER HUNT

primary playground

- 🌿 Find 4 pine cones.
- 🌿 Find something that is yellow.
- 🌿 Find 2 tree stumps.
- 🌿 Find a feather.
- 🌿 Find a seed pod.
- 🌿 Find 4 smooth rocks.
- 🌿 Find a spider web with a spider on it.
- 🌿 Find 3 mushrooms.
- 🌿 Find a long stick.
- 🌿 Find 2 things that can fly.
- 🌿 Find 3 different sized green leaves.
- 🌿 Find a dandelion weed. Blow a wish.

