

Health & Wellbeing – Mindfulness Activities - Languages

For the ideas below use a language other than your mother tongue. Vocabulary is given in French and Gaelic. Hyperlinks are mainly to English language websites for generic reference. The activities are split into three levels, based on the language that is taught at each level, but the activities are useful for all levels and could be extended.

Early Level

1. Connecting with people

Send a picture / card to someone you haven't seen in a while or ring a family member to say hello. *eg. Bonjour / Halò or Haidh*

2. Emotional check in

Draw how you are feeling each day using emojis. Try adding a colour for each day too. Say the words/sentences out-loud or write them *eg. Ça va bien.....Lundi - orange / Tha mi gu math.....orains*

3. Gratitude

Write/draw 1 thing you are thankful for each day. Keep it simple. Use an online dictionary to look it up (ideally a noun). *eg sun – le soleil / a ghrian*

4. Thanking people

Say thank you/draw and write a simple thank you card to someone for something they have done for you. *eg. Merci / Tapadh leat. Say I love you to someone in your family eg. Je t'aime / Tha gaol agam ort & give them a hug if you want and it is appropriate.*

5. Breathing

Practice taking long slow breaths. Try to count to 3 as you breathe in and out, increase to 5 if you can or more! *eg. Inspirez / Expirez - un deux, trois etc / anail a-steach, anail a-mach – aon, dhà, trì*

[Click to see & hear a video of counting your breaths](#)

[Click here to hear a guided Space breathing - counting longer breaths](#)

6. Calm down jar

Make a calm down jar with water and glitter. Add some food colouring to practice saying colours in French / Gaelic *eg. bleu / gorm*. A great mindfulness activity and a way to show how busy our minds are with lots of feelings and thoughts and how it can help to let them settle and take a break.

[Click here to read about how to make one](#)

7. Sensory play - playdough

Make some playdough with different colours and say them outloud in French / Gaelic eg. *bleu / gorm*. Then have fun rolling, cutting and making things.

[Click here for a quick and easy no cook recipe](#)

[Click to see ideas for different textures and scents](#)

Alternatively use other materials for messy play with different colours and make little worlds with figurines eg. coloured lentils, make coloured rice or pasta with paint or colour some water.

8. Colour relaxation

Close your eyes and imagine different colours one at a time. Say the colours in French / Gaelic in your head or out-loud. eg. *Imagine le bleu etc/ gorm*. If you can, think of something that is the colour you are imagining. eg. *the sea – blue*. After your relaxation note down your ideas in a mind map & use an online dictionary to find the words. eg *the sea = la mer / a mhuir*. Then try to write a short poem using similies & this structure – eg. *blue like the sea = Bleu comme la mer / gorm ris a mhuir*. Finally put it altogether to create your own colour relaxation and try it out on someone in your family.

[Click to see & hear a video of this.](#) (Early & First level French)

[Click to see & hear a video of this](#) (Second Level French)

9. Listen to the sound

Slow down and take time to listen. Ring a bell / use a singing bowl. Listen until the sound stops. With a group of children, ask them to put up their hand when they can't hear the sound anymore. Count how long this takes in French / Gaelic. eg. *un deux, trois etc / aon, dhà, trì*

[Click here to see how to do this and other ideas](#)

First Level

10. Body scan

Close your eyes and think about different parts of your body. Bring your attention to that part of the body and relax it. Name the body part in another language.

[Click to hear & see a short video](#) (French)

11. Get active

Revise numbers by counting how many star jumps you can do in 30 seconds. Someone could be a human timer and count to 30. eg. *un, deux, trois etc / aon, dhà, trì etc*

12. Simple stretches

Use instructions with parts of the body and pretend to be Jo Wickes to create an aerobics routine! Draw your routine & label key words/write phrases, demo it to someone in your family, record your voice or create a short video. Add music and make it a disco routine! eg. *Tourne la tête, Touche les pieds / tionndaidh do cheann, làmhan air do chas*, . Add in extra words like turn slowly eg. *tourne doucement / tionndaidh gu slaodach* or touch your right foot eg. *touche le pied gauche / làmhan air do chas dheas*.

[Click here to see a video in French](#)

13. Yoga

Put together a few simple yoga postures on a theme/topic you have been working on at school eg. garden, space, min-beasts, at the zoo. Use the posters / videos below to help you. Work out the words in French / Gaelic for the animal names of the postures – use an online dictionary to help. Create a short sequence with 5 postures eg. *Numéro un c'est une gorille, deux c'est un serpent / Àireamh a h-aon, muncaidh, àireamh a dhà, nàthair!*

[Click here to see 58 yoga postures in images for children](#)

[Click here to see a simple example yoga sequence for spring themed yoga](#)

[Click here to see & hear a call & response song – Walking Through the Jungle](#)

14. Have a dance

Listen to some music from another country to calm down or to re-energise. What did you think of it? Did you like it – eg. *J'aime / je n'aime pas.....Is toil leam.../Cha toil leam....*

[Click here for a playlist of songs in languages other than English](#)

15. Mindful walk

Go for a walk / sit outside in the garden or by a window. Focus on one (or all) of your senses (sight / sound / smell). What can you see / hear / smell in a limited time? Make a note. Draw a picture to show this and label it. To make it simpler focus on language you know ie. what colours do you see or count the number of birds etc. Extend to a treasure / scavenger hunt.

[Click here for printable scavenger hunt sheets](#)

Second Level

16. Mindful eating

Eat something slowly and see how it tastes focusing on describing words (adj – adjectives). Use a dictionary to look up new words to describe how it felt / smelt / tasted etc. Or simply count how long you can hold it in your mouth before you swallow it!

[Click here to read more about this activity](#)

17. Healthy food

See how healthy you can be for a 1 day. Draw / write a list of the food you eat. How many do you know? Look them up online & learn some new words.

[Click here to see a guide to healthy eating](#)

[Click here for free resources for pictures of healthy food](#)

18. Positive affirmation cards

Start the day with a positive mindset. Create your own set of affirmation cards using the phrase *I am ... + adjective* = *Je suis + adjective* eg. *I am happy – je suis content / Tha mi..... eg, I am happy - Tha mi toilichte*. Remember in French adjectives are often spelt differently depending on whether they describe a boy / girl. The dictionary should show you this.

[Click here for a free download of a positive affirmations calendar of the month](#)

19. Happiness jar

Create a happiness jar by writing out words on paper that make you happy eg. music. Use a dictionary to find new words eg. *la musique / Ceòl*. This is a simplified version of a happiness jar – see link below.

[Click here to read about this idea in more detail.](#)

20. What makes me.....

How do you relax / calm down when you are angry / what makes you smile/happy/laugh? Write a list or draw a mind map & draw the things. Then see how many words you can find in an online dictionary. Focus on types of words eg. verbs / nouns.

[Click here to see some free printable examples](#)

21. Set yourself a challenge

Think about what you will do this week & create some challenge cards eg. *this week I will.... – Je vais + infinitive of verb* eg. *je vais lire deux livres (I am going to read 2 books) / Bidh mi..... Bidh mi a' leughadh dà leabhar* or what you would like to try eg. *Je voudrais + verb (infinitive) I would like to.... Je voudrais nager – I would like to swim / Bu toil leam..... + verb – I would like..... Bu toil leam snàmh – I would like to swim.*

[Click here to see example drawing challenge cards](#)

22. Random of act of kindness

Bake something for someone – choose a traditional dish from another country or follow a recipe in another language & surprise someone in your family.

[Click for some recipes of French dishes](#)

[Click for some recipes in French](#) (Watch out – aimed at native speakers)

[Click for some recipes of Scottish traditional dishes](#)

[Click for some recipes in Gaelic](#) (Watch out - aimed at native speakers)