

The INVISIBLE

TOM PERCIVAL

Amazing August!

* Created by the Year 2 children from St. Joseph's Primary School. *

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

1. Look at the sky and draw what you see.
2. Draw a house and a tree.
3. Look out the window and see what you like.
4. Draw something you like.
5. Draw something you like.
6. Play a game.
7. Go and find something in nature.
8. Thank you for the rain.
9. Dig your feet in the cold water. Think about how it feels.
10. Draw a bridge and a boat.
11. Go for a walk in the morning.
12. Read a book and tell someone about it.
13. Draw a picture of someone you love.
14. Draw a picture of someone you love.
15. Look at the trees and draw them.
16. Be active and play a game.
17. Look out the window and see what you like.
18. Ashy A houses. Think you see Christmas houses.
19. Look out the window and see the flying.
20. Try and move around today.
21. Draw a picture of someone you love.
22. Draw a picture of someone you love.
23. Take off your shoes and feel the grass.
24. Draw a picture of someone you love.
25. Go in to a field and listen to the birds.
26. Think of someone you love and smile.
27. Let someone know you care about them.
28. Look at a picture of someone you love.
29. Draw a picture of someone you love.
30. Look up in the sky.
31. Draw a picture of someone you love.



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Monday

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1. Look at the sky and draw what you see.

2. Paint a picture of your favourite place.

3. List all the things you like to do.

4. Draw a picture of your favourite colour.

5. Draw a picture of your favourite animal.

6. Play a game.

7. Go and find something in nature.

8. Thank you for the things you have.

9. Dip your feet in the cold water. Think about how it feels.

10. Take a breath and draw a picture of what you see.

11. Go out for a morning walk.

12. Read a book and tell someone about it.

13. Smile.

14. Draw a picture of your favourite food.

15. Walk around in the garden.

16. Be active and play a game.

17. Look at the rainbow and draw a picture of it.

18. Ashy August. Think of someone who is special to you.

19. Look out the window and see the stars.

20. Try and move around today.

21. Draw a picture of your favourite toy.

22. Look at the grass and draw a picture of it.

23. Take off your shoes and feel the grass.

24. Grab some of the worms.

25. Go into the woods and listen to the noise.

26. Think of someone you love and smile.

27. Let someone know you care about them.

28. Look at the sun and draw a picture of it.

29. Say thank you to your family.

30. Looking at the nature.

31. Go with your family.





Year 2's Activity Booklet

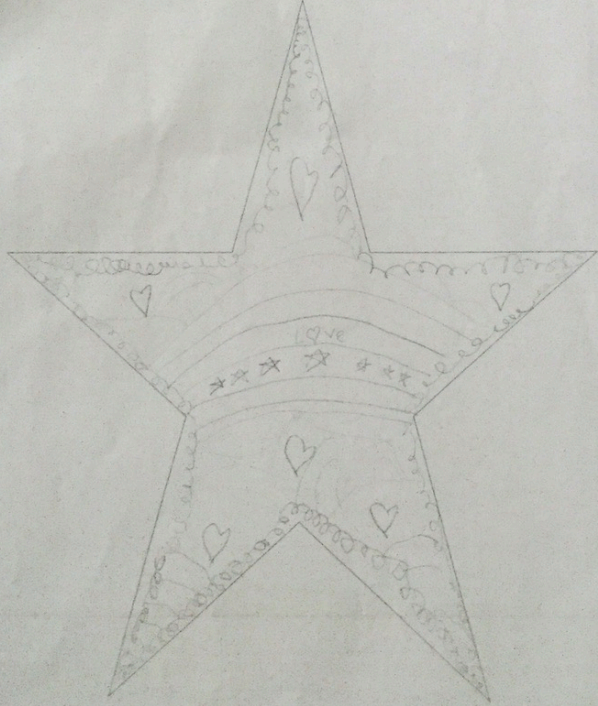
Helping you to feel happy and to encourage mindfulness.
We would like to make a difference in our community.



We hope we have brightened up your day!

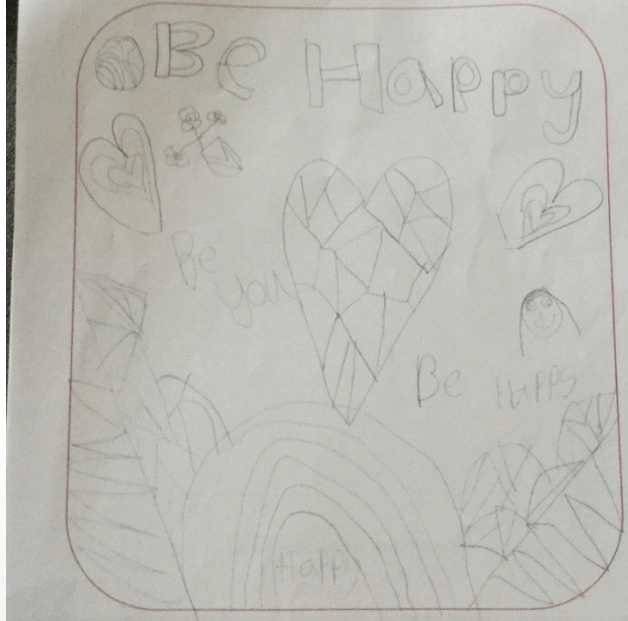


The Year 2 children have created a mindfulness colouring for you. Have a go! We hope you enjoy it!



This mindfulness picture was created by _____

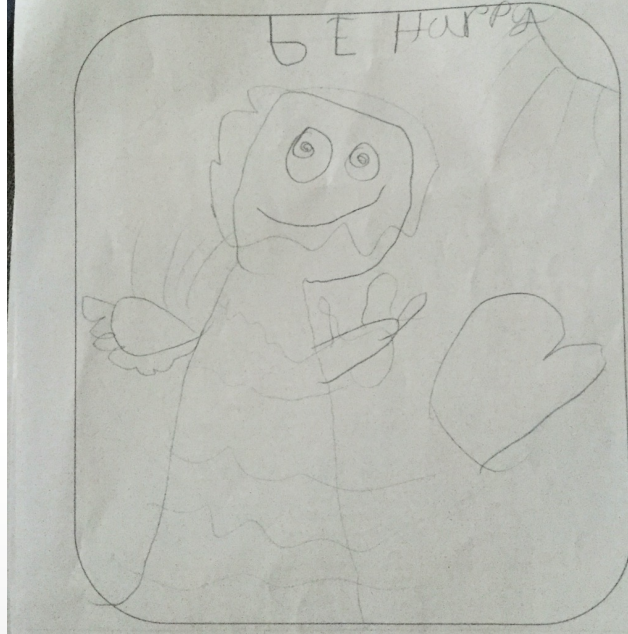
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This mindfulness picture was created by _____

Alice White

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