



# MINDFUL MONDAY



**Try  
Origami**

**Bake a  
cake**

**Build a  
den (inside  
or outside)**

**Create a  
scene by using  
clothes to  
make people**

**Make a card or  
gift for a relative  
or friend that you  
have been unable  
to see**

**Make a  
bird feeder**

**Go  
Stargazing**

**See the sun  
rise or set,  
or both!**

**Make and/or  
play a board  
game**

**Create some  
Wild Art (Andy  
Goldsworthy  
style!)**

**Learn a new  
card game or  
trick**

**Paint some  
rocks and hide  
for others in  
your area to  
find**

**Dam a  
stream**

**Go on a  
scavenger hunt  
(inside or  
outside)**

**Make a  
mindful jar**

**Play hide  
and seek**

**Your screen-  
free choice!**

**Surprise  
us!**

**Try  
something  
new**

**Dance to your  
favourite  
songs!**



**A DIGITAL DETOX DAY**

