



Activities for Self-Regulation

MINDFUL BOARD GAME

Why?

This is a fun and creative way to practise mindfulness. It encourages children and young people to slow down, focus on the present moment, and take notice of their thoughts, feelings and surroundings.

Regular mindfulness practice can help promote calm, build self-awareness and support emotional wellbeing.



You need: cardboard, card, paper, pens, pencils or paint, glue, printed pictures of favourite characters, symbols or stickers, dice and counters.

How to make the board game:

1. Thinking and planning:

- What theme? E.g. Marvel characters, Disney, rainbows, unicorns, favourite animals...
- What therapeutic activities would work well? Something that would take no longer than five minutes. You can maybe link these activities to your characters or pictures? E.g. Spiderman might do some jumping jacks, or a sleeping cat might do some slow breathing.

2. Prepare your game's board (more detailed instructions below). You can do this together or have someone bring a readymade one for you to decorate.

3. Decorate your board. You can colour the squares in different colours or paint them. Stick your pictures on in different spaces over the board. Remember the numbers!

4. Make activity cards. Create cards that explain what each mindfulness activity involves. Match the cards to the pictures or symbols on your board.

5. If you are feeling really creative, you can make your own counters and dice. Or just use a normal dice and you can choose any item as a counter, such as a thimble or a button.

6. Play the game. Take turns moving around the board. When you land on a picture or symbol, complete the matching mindfulness activity. If you complete the activity, you earn an extra turn. The first player to reach the finish wins!



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To make the game's board:

You need a large piece of cardboard. Measure 16cm by 16cm to make a 64 square board.

If possible, use thick paper to cover the cardboard, as this will be easier to draw on and colour.

Measure out and draw your squares 2cm by 2cm each. You will probably need a ruler for this bit!

You can stick the paper onto the cardboard, as this makes the game sturdier and less likely to crumple.

However, you can also just wrap the paper over the edges of the cardboard, so you can remove it whenever you like and it's easier to carry around.



What could your mindfulness activities be?

- Take five slow breaths.
- Name three things you can see.
- Stretch your arms and legs.
- Listen carefully for a sound around you.
- Think of something you are grateful for.
- Notice how your body feels right now.
- Roll your shoulders five times.
- Wiggle and then relax your fingers.
- Name one thing you are looking forward to.



It could link to a chosen character...

- Do five jumping jacks with Spiderman.
- Watch the glitter settle in your visual timer with Cogsworth.
- Blow bubbles with Nemo.

***For more information about how we could work with you please contact:
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