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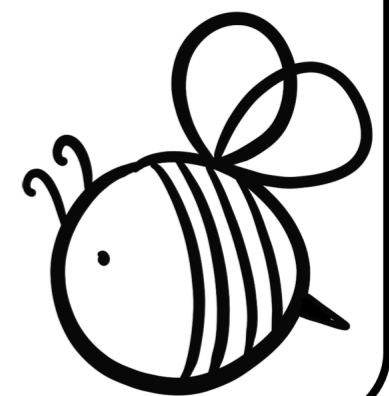
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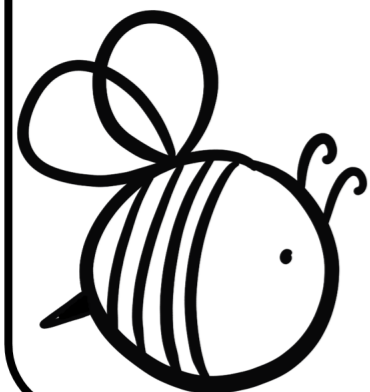




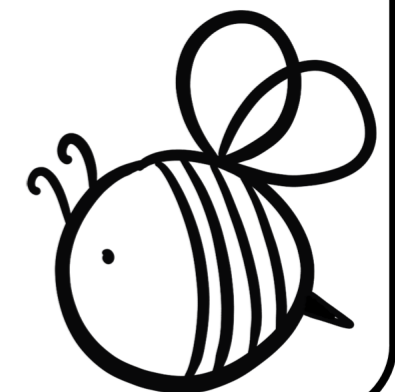
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# Take Notice

This game is all about taking notice and pupils using their senses. What can they hear? What can they see? What can they smell? Being able to be in the present moment and practising mindfulness can be helpful for anxiety. Suitable for all ages of pupils from very young to teenage.

## Instructions

### What you need

- Counter for each player
- One die

### How to play

Each player throws the die and the highest number goes first.

Throw the die and move that number of spaces.

If they land on a nose they must say something they can smell in the room. The other pupils must say whether they can smell it too.

If they land on eyes they must name something they can see in the room. The other pupils must say whether they can see it too.

If they land on an ear they must name something they can hear in the room. The other pupils must say whether they can hear it too.

The first player to reach the 'Finish' square is the winner.

|       |        |                                                                                                                                                                                                                                                                                                                                                                                                           |  |    |  |    |  |    |  |    |  |    |  |    |  |    |  |    |  |    |  |
|-------|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|----|--|----|--|----|--|----|--|----|--|----|--|----|--|----|--|----|--|
| 8     |        | 9                                                                                                                                                                                                                                                                                                                                                                                                         |  | 10 |  | 11 |  | 12 |  | 13 |  | 14 |  |    |  |    |  |    |  |    |  |
| 7     |        |  <h1>Take Notice</h1> <div data-bbox="771 924 2196 1701"> <p>What can you hear?</p> <p>What can you see?</p> <p>What can you smell?</p>  </div>  |  |    |  |    |  |    |  |    |  | 15 |  |    |  |    |  |    |  |    |  |
| 6     |        |                                                                                                                                                                                                                                                                                                                                                                                                           |  |    |  |    |  |    |  |    |  | 16 |  |    |  |    |  |    |  |    |  |
| 5     |        |                                                                                                                                                                                                                                                                                                                                                                                                           |  |    |  |    |  |    |  |    |  | 17 |  |    |  |    |  |    |  |    |  |
| 4     |        |                                                                                                                                                                                                                                                                                                                                                                                                           |  |    |  |    |  |    |  |    |  | 18 |  |    |  |    |  |    |  |    |  |
| 3     |        |                                                                                                                                                                                                                                                                                                                                                                                                           |  |    |  |    |  |    |  |    |  | 19 |  |    |  |    |  |    |  |    |  |
| 2     |        |                                                                                                                                                                                                                                                                                                                                                                                                           |  |    |  |    |  |    |  |    |  | 20 |  |    |  |    |  |    |  |    |  |
| START | FINISH |                                                                                                                                                                                                                                                                                                                                                                                                           |  |    |  |    |  |    |  |    |  | 25 |  | 24 |  | 23 |  | 22 |  | 21 |  |