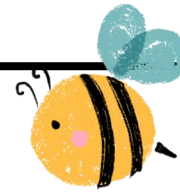


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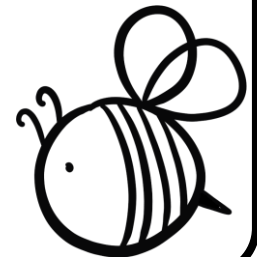
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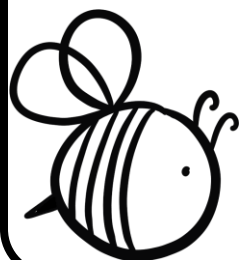
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**MINDFUL TIME**

20 sheets for drawing and colouring. Learn to draw a simple object and then repeat that object over and over again to make a scene. Create your calm...



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## Roll a rainbow activity

This is great for:

- Number recognition
- Mindfulness
- Ice breaker or warm up
- Concentration skills
- Self esteem

You can of course just use colouring but you could also use playdough. Get some different coloured playdough and children can roll a bit of playdough in the appropriate colour to fill the section.

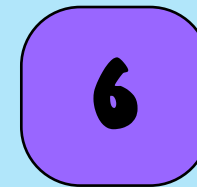
I do share a lot of ideas on Instagram before putting them up on the site so do follow me on there if you are on Instagram.

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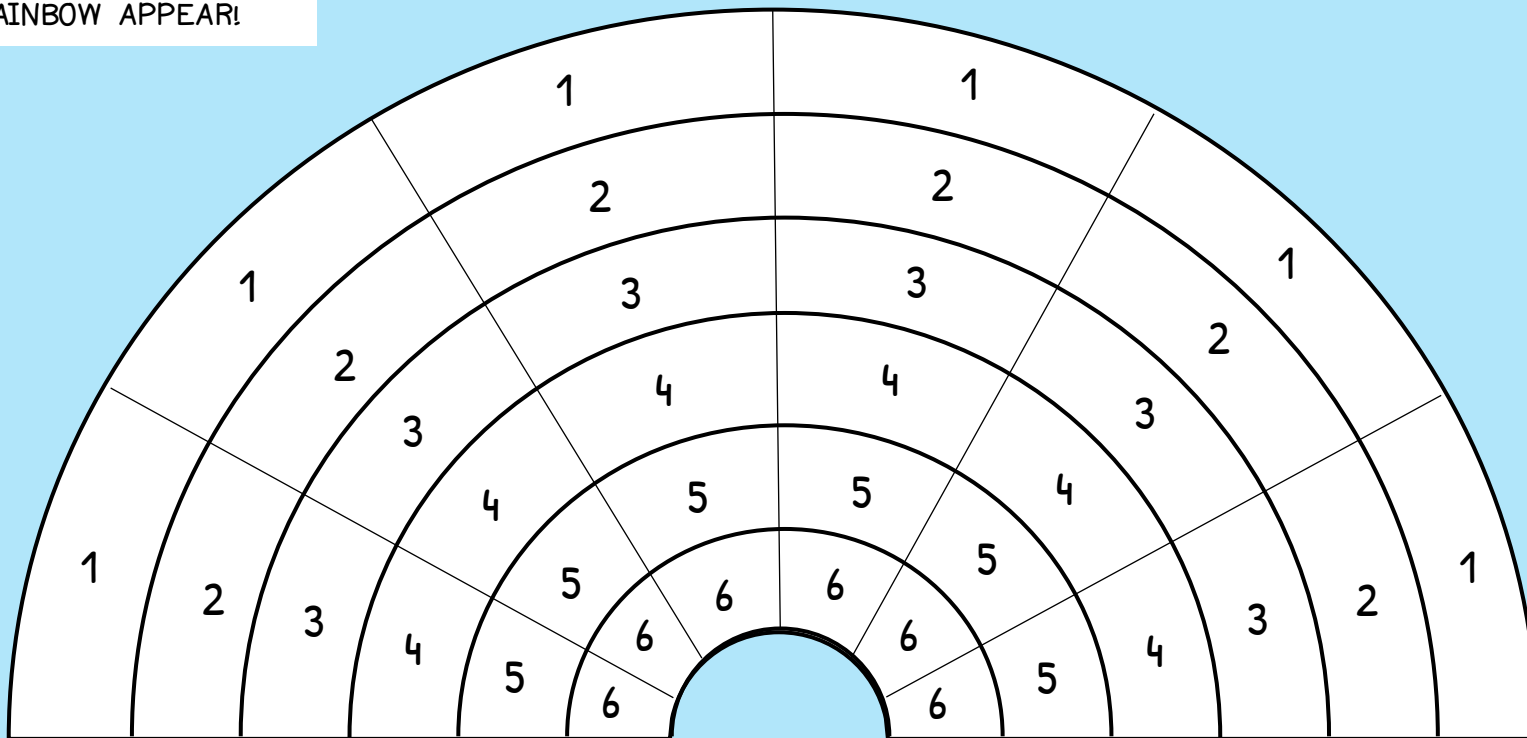


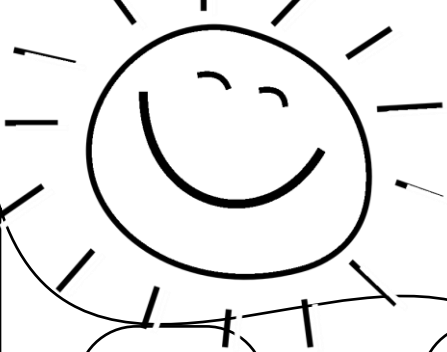


# Roll a Rainbow



ROLL A DIE AND FIND THE NUMBER ON THE RAINBOW. COLOUR A SECTION, WITH THAT COLOUR. WATCH YOUR RAINBOW APPEAR!





# Roll a Rainbow



**1**

**2**

**3**

**4**

**5**

**6**

GIVE EACH DIE A COLOUR. ROLL A DIE AND FIND THE NUMBER ON THE RAINBOW. COLOUR A SECTION, WITH THAT COLOUR. WATCH YOUR RAINBOW APPEAR!

