



### Movement, Mindfulness, Making, & Message



#### Purpose:

Following are some online activity ideas for families to access and share together at home. Engaging in the four Ms every day- Movement, Mindfulness, Making & Message- might be a simple scaffold to engage with when sharing extended time together at home.



#### The Four Ms:



#### Audience:

Families with primary school aged children and younger.



### **Movement Ideas- Something to engage our bodies:**

Go Noodle- a bunch of short, sharp videos full of exercise, dance, movement, and fun.

<https://app.gonoodle.com/>

Splash Games YouTube channel- Step by step videos of activities and games presented by kids, for kids, including hand clapping games, movement based games, group games, card games, tongue twisters, and more.

<https://www.youtube.com/channel/UCieJgJGSjonwyuH7SomO2tg>

Minute to Win It Games – 30 activities with videos that are fun and challenging and involve common objects from around the house.

<https://www.thebudgetdiet.com/top-30-minute-to-win-it-games>

What Mom's Love – More active indoor activity suggestions

<https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/>



### **Mindfulness Practices- Something for our Minds:**

Inner Kids- Videos and audio of mindful activities and meditations for children and parents/carers

<https://www.susankaisergreenland.com/>

Peaceful Kids – 7 Guided meditations for children and parents/carers

<https://www.peacefulkids.com.au/meditations1.html>

Cosmic Kids- Lots of yoga and mindful activity videos for children

<https://www.cosmickids.com/>

Headspace- Ideas for exploring mindfulness with children and young people

<https://www.headspace.com/meditation/kids>



### **Making- Something for our Creative Self:**

Mr Maker- Easy craft activity ideas for younger children

<https://www.youtube.com/user/mistermaker>

The Spruce Crafts- Many craft activity ideas for children

<https://www.thesprucecrafts.com/kids-crafts-4162869>

Artycraftykids – 50 Nature based craft activities for children

<https://www.artycraftykids.com/craft/50-nature-crafts-kids/>

Hands on as we grow – Step by step guides to craft and movement based activities for children of various ages.

<https://handsonaswegrow.com/activities/grade-school/>



### **Message- Something considering others with gratitude:**

Spending a moment or two sometime each day to consider with gratitude those around us that are supporting us in some way is a great way to feel thankful and connected. It might be members of our family, our pet, or those who work at the supermarket, or our nurses and doctors, or our teachers, or the postie, or the farmers growing our food, or our neighbours, or the cleaners wiping away the virus in work places, or many others. Even though we might be at home feeling a bit cut off, we can still feel connected by giving a shout out to someone each day.

Some ways to send your message

- Compose an email
- Write a letter
- Ring someone up
- Text someone
- Post a message online
- Draw something
- Put up a poster in your front window
- Tell someone around you
- Write a song
- Tell a story
- Make a piece of art for someone
- Whisper it into the universe