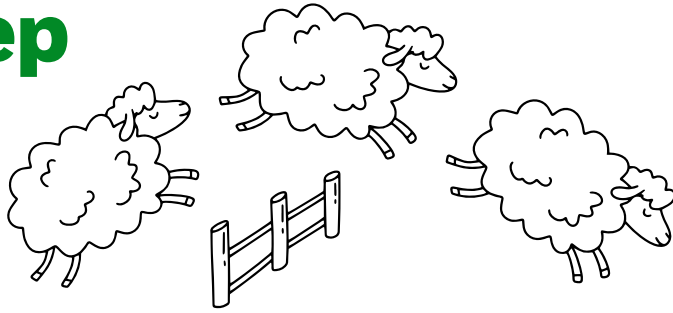


Counting sheep



The Yoga Zoo Challenge

Using the template, get the children to cut out and decorate the sleepy sheep. Once dried, you can then use the sheep for a guided mindfulness activity — perfect for naptime!

You could play some calming music during the activity to help the children use art to practice mindfulness.

What you need:

- Our Yoga Zoo sheep template.
- Cotton wool balls.
- Glue stick or PVA glue.
- Scissors.
- Black felt/lollypop sticks.

How to decorate the sheep:

1. Print out our sheep template on paper or card — enough for each child.
2. Depending on ability, have the children cut out the sheep or do this for them. Remember to write their names on the back!
3. Cut out two rectangles out of black felt for the sheep's legs.
4. Use glue to attach the legs to the body.
5. Coat the sheep's body in glue.
6. Cover the sheep's body with cotton wool, using more glue if needed.
7. Put aside or hang up the sheep to dry.
8. Once dry, have the children count the sheep as you hand out their creations for the mindfulness exercise.

Guidance/options for the mindfulness exercise

Have a look at your sheep — you all did a great job making them! Have a think about what your sheep's name is.

How many legs did you glue to your sheep? Let's count together.

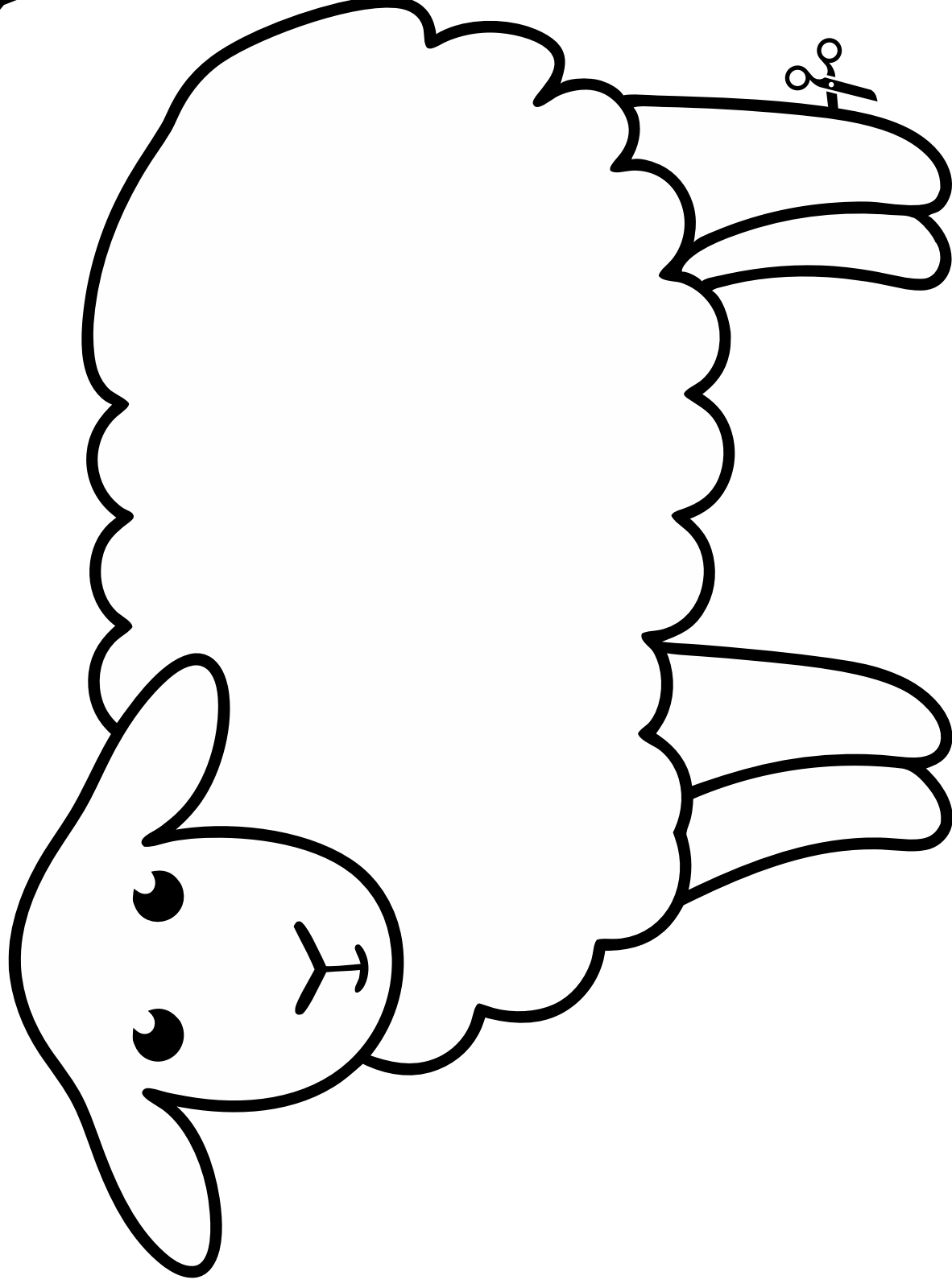
How about their cotton wool bodies? We used a lot! Can you try to count all the fluffy pieces on cotton wool? Let's do it together.

Feel their fuzzy legs and fluffy body. They're so soft and squishy. Can you think about other things which are soft or fluffy? Maybe your favourite teddy, a snuggly blanket, or a warm and cosy coat.

Now I'm going to count the sheep for you, as you breathe in through your nose then out through your mouth. You can shut your eyes and imagine the sheep gently frolicking, or you can keep your eyes on me as I count.

Counting sheep

The Yoga Zoo Challenge



You can cut out your sheep and
write your name on the back.

NSPCC