




Mindful Pinwheel

You'll need a drawing pin, straw or pop stick, safety scissors and an adult to help

1. Colour-in the leaves and cut out the square
2.  Cut along the diagonal dotted lines (don't cut all the way to the centre)
3.  Turn the left corner to the centre. Do this with all the 4 sections
4.  To attach the wheel onto one end of the straw or stick pin through the centre dot and the four turned in corners

Helpful Hint

Practise your breathing as you blow on the pinwheel



Ask an adult to help cut out your pinwheel and secure it with the pin to the straw / wooden pop stick

Asking for help is a sign of resilience

Mindarma