

# SUPER TROOPERS

with



## Mindful Colour Spotting

Super Troopers with Laya Healthcare would like to share a mindful moment with this Mindful Colour Spotting activity which helps to bring your child's attention to one thing at a time, as well as helping them to stay in the present moment.

Ask your child to try this activity for 5 minutes every day this week doing the following:

1. Choose a room in your house and find a comfortable place to sit in that room.
2. Think of a colour and write down all of the places where you can see this colour in the room. For example, if you chose blue, maybe you have spotted blue in a picture on the wall.
3. Each day choose a different colour (and maybe a different room if you wish).
4. Write down where you notice the colour, even if it is only in 2 or 3 places.



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## Mindful Colour Spotting

Day	Write down the colour you have chosen	List where you can see it in the room
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

