

Calmasaurus



MINI MINDS
Matter

June

SAT

SUN

MON

TUE

WED

THU

FRI

Read the
Calmasaurus
Meditation ³

Paint with
flowers ⁴

Bring an item to
school/nursery of
something that makes
you calm ⁵

Create your ⁶
own Sensory
Bottle

Calmasaurus
Circle time ⁷

Spend time
with a loved
one ⁸

Calmasaurus
Breathing ¹⁰

Outdoor
Scavenger
Hunt ¹¹

Explore tactile
resources ¹²

Calmasaurus
says "I am
calm" ¹³

Outdoor
Mini Minds
session ¹⁴

Use feathers to
massage a
friend ¹⁵

Celebrate
Father's
Day ¹⁶

Go for a
Listening walk ¹⁷

Eat a healthy
meal ¹⁸

Calm Down
List ¹⁹

Read
'Calmasaurus
calms the chaos' ²⁰

Create your
own Calm
Down box ²¹

Create a calm
den ²²

Practice your
favourite
calming activity ²³

Bubbles with
friends ²⁴

Create some
scented sensory
bags ²⁵

Give yourself a
hand or foot
massage ²⁶

Create your own
Calm Balloon ²⁷

Plant a fruit
or vegetable ²⁸

Say
affirmations ²⁹

Snuggle time ³⁰

Activities in this colour are
explained in the supplementary
activity sheets on your portal.

EYFS

Oliiki These activities originate
from the Oliiki app.