

MINDFUL
MR.
SLOTH
ACTIVITIES

Activities based on
Mindful Mr. Sloth by Katy Hudson.
Explore Katy's other books at www.raintree.co.uk

raintree 

a Capstone company — publishers for children

A MINDFUL Nature Hunt



Go For A Walk Outside.
Can You See A:

Snail

Conker

Butterfly

Toadstool

Beetle

Acorn

Slug

Red Flower

Frog

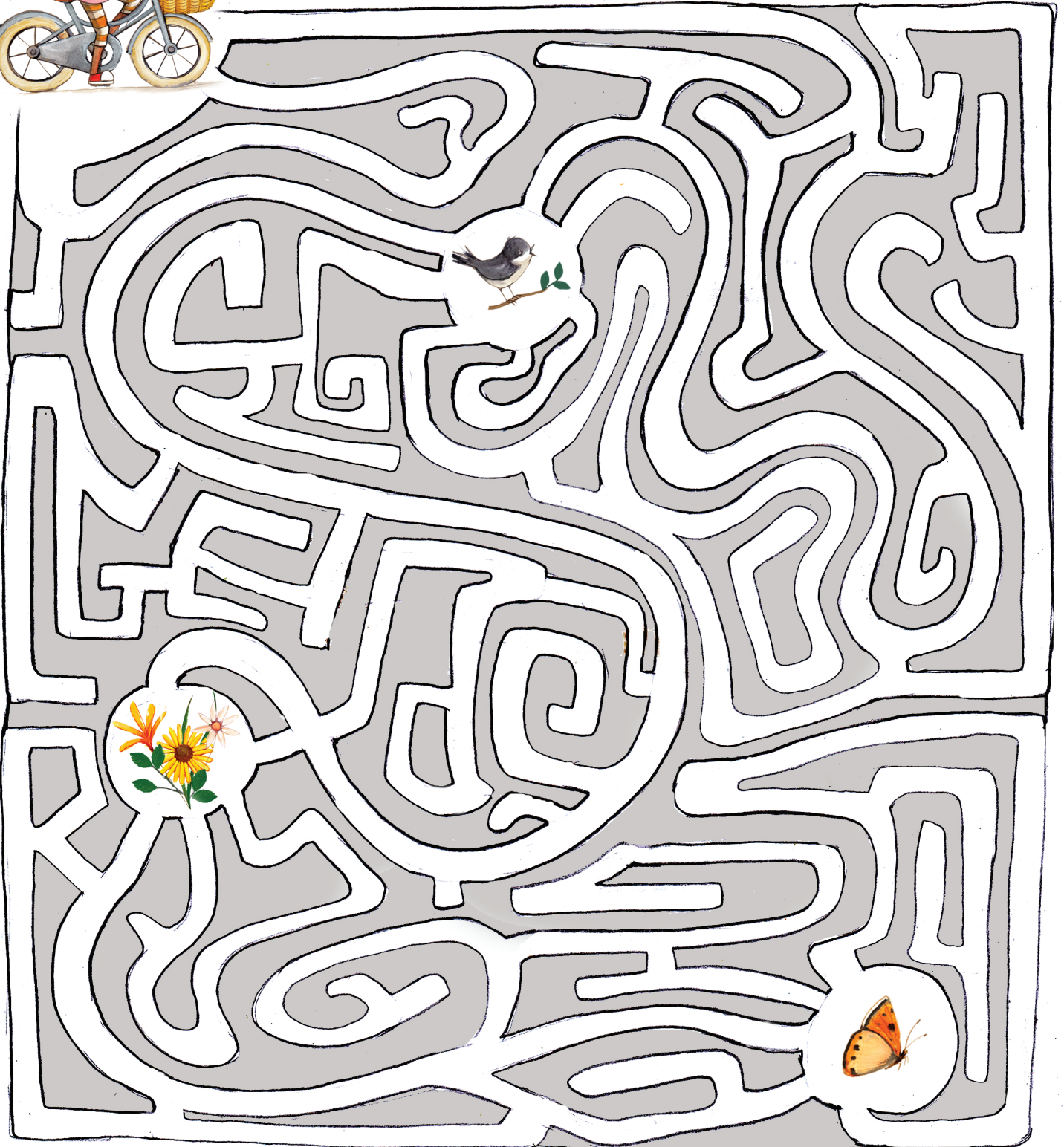
White Flower

What Else? _____

TIME FOR A MINDFUL MAZE!

Can you help Sasha and Mr. Sloth find a butterfly?

DON'T FORGET TO STOP AND SMELL THE FLOWERS AND LISTEN TO THE BIRDS SING!



TIME FOR A MINDFUL WORD SEARCH!



Find these words:

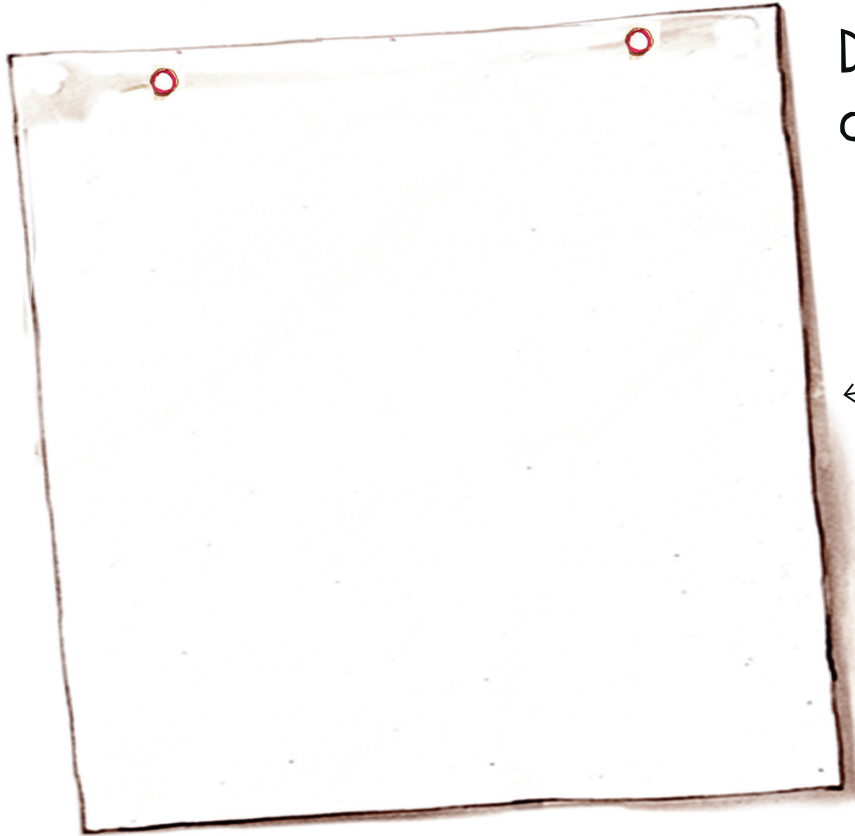
- SMELL
- LOOK
- LISTEN
- MINDFUL
- READ
- MR. SLOTH
- SLOW DOWN

M	U	B	E	G	I	H	S	S	P	V
E	R	O	N	Y	E	N	L	J	H	I
D	E	T	S	A	E	G	O	Q	M	T
L	A	E	D	P	R	V	W	S	I	N
E	D	S	M	E	L	L	D	E	N	T
K	H	I	R	A	O	H	O	F	D	L
S	L	O	D	F	O	A	W	J	F	S
M	G	Q	D	Z	K	F	N	P	U	I
E	I	C	S	X	O	U	F	M	L	E
L	U	U	L	M	K	B	L	O	E	Y
K	A	L	I	S	T	E	N	C	H	J
L	O	E	U	H	T	I	A	S	S	U
M	R	S	L	O	T	H	K	L	F	A
A	I	O	S	M	L	O	U	N	P	Z

A MINDFUL WALK OUTSIDE

Did you hear
any birds singing?

← Draw a picture of
them here!



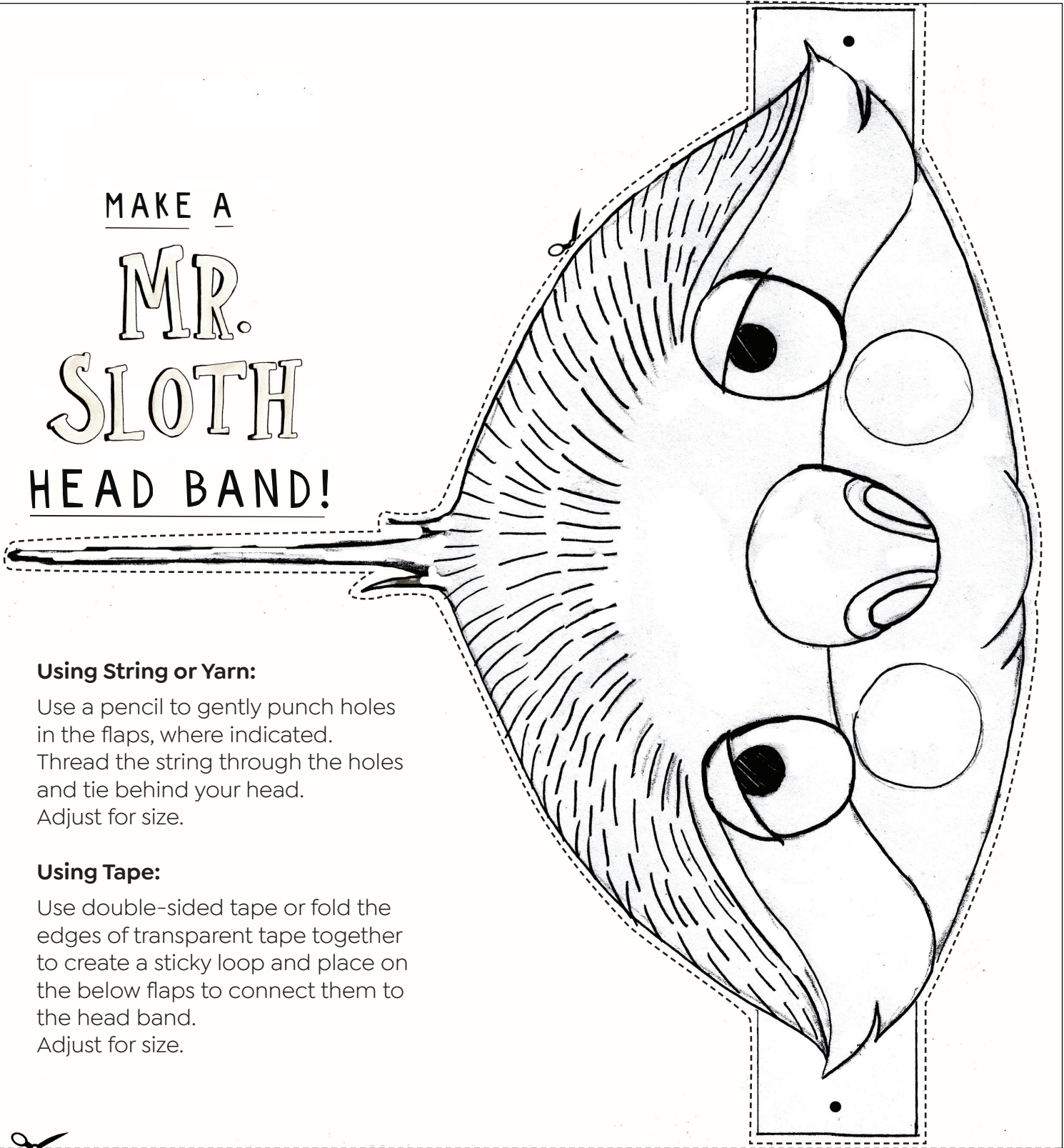
How many
flowers did
you see?

What did they
smell like? _____

What colours
were they? _____



MAKE A
MR.
SLOTH
HEAD BAND!



Using String or Yarn:

Use a pencil to gently punch holes in the flaps, where indicated. Thread the string through the holes and tie behind your head. Adjust for size.

Using Tape:

Use double-sided tape or fold the edges of transparent tape together to create a sticky loop and place on the below flaps to connect them to the head band. Adjust for size.

