



What's your favourite way to
practise **mindfulness**?



What **mindfulness tools**
did you use today?



What mindfulness activity will you do **today**?

It could be mindful colouring, a puzzle,
a walk, origami, breathing exercises, or
listening to music.



What mindfulness strategy
helps you at home when you're
experiencing strong emotions?



As we walk to the car or home,
pay attention to:

4 things you can **see**, 3 things you can **hear**,
2 things you can **touch**, 1 thing you can **smell**.



Close your eyes and count 10
slow breaths.

Focus on your **breath** and the
feelings in your body.



What are you **feeling right now?**