

What's your favourite way to practise mindfulness?





What mindfulness tools did you use today?





What mindfulness activity will you do today?

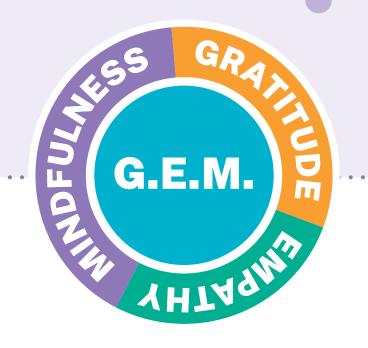
It could be mindful colouring, a puzzle, a walk, origami, breathing exercises, or listening to music.





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?

