



Mindfulness



# WHAT IS MINDFULNESS?

**"Awareness that arises  
through paying attention,  
on purpose,  
in the present moment,  
nonjudgmentally"  
-Jon Kabat-Zinn**

## BEING MINDFUL...

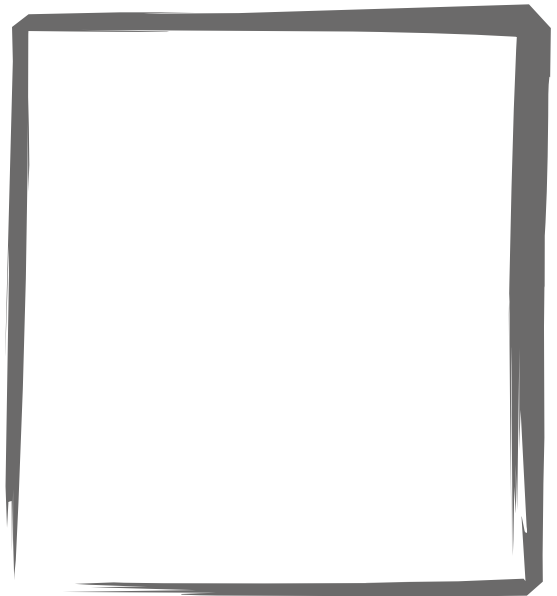
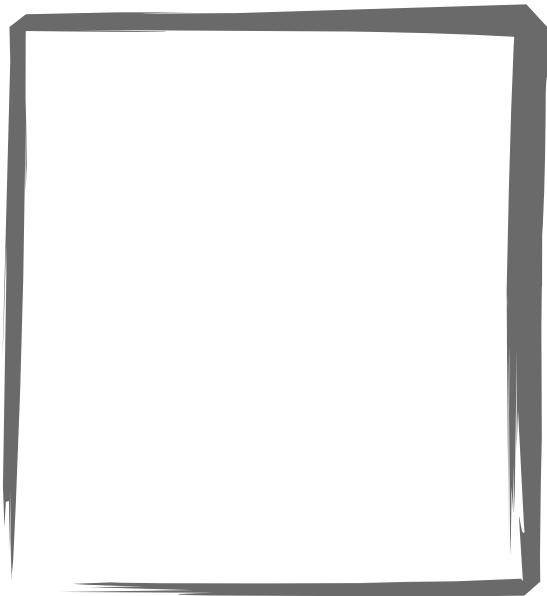
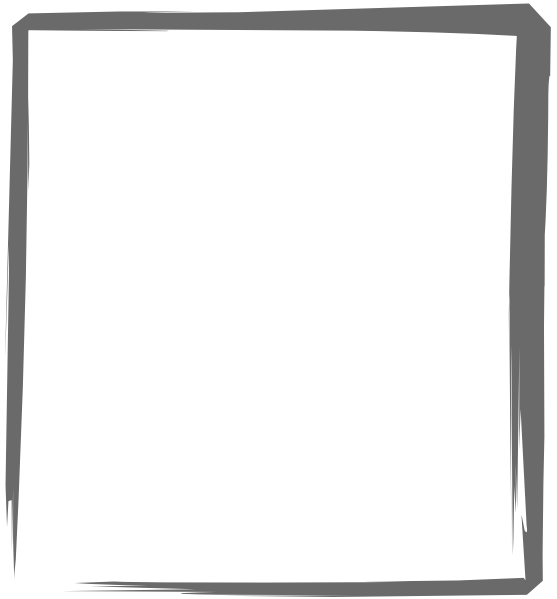
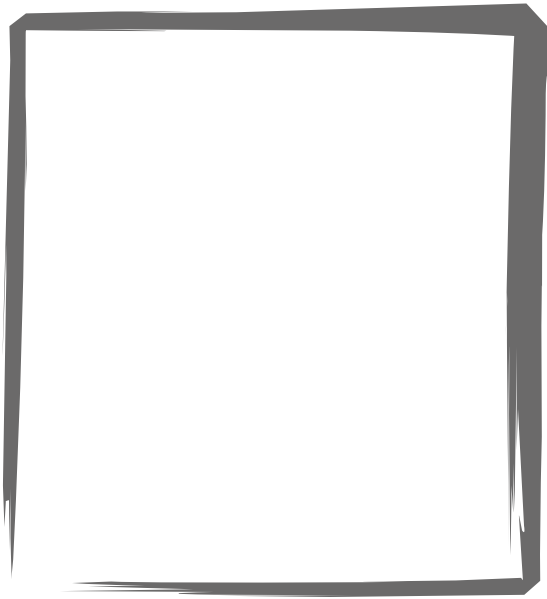
- improves brain activity and creativity
- boosts mood and self-esteem
- reduces stress, and worries

# CREATE

Lightly shade each box a different colour

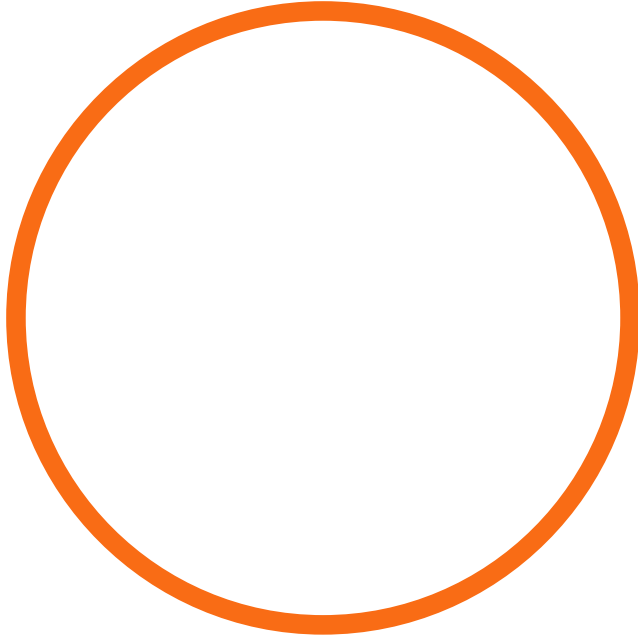
Use a fine black marker to create designs in each

Focus on your hand moving the marker, noticing where you start, draw and finish

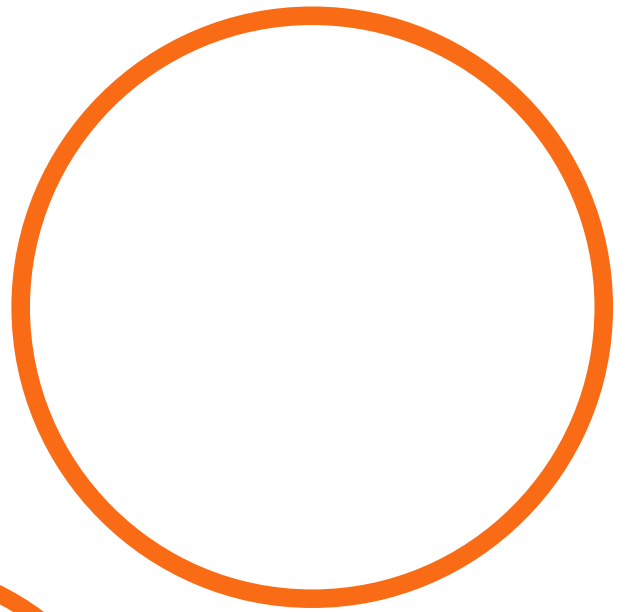


# TUNING IN WITH YOUR FIVE SENSES NOW

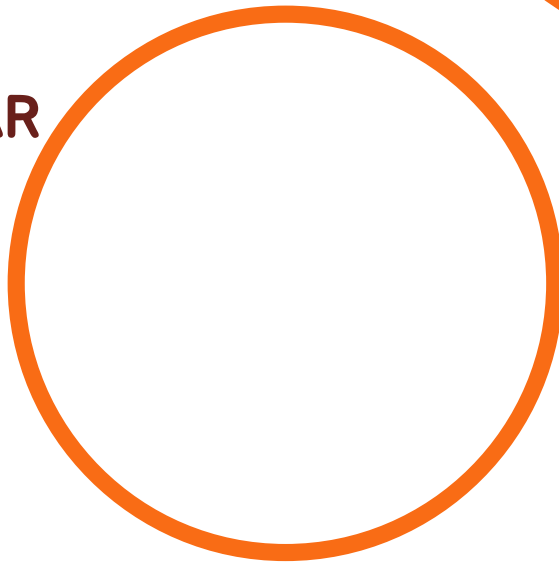
5 THINGS I SEE



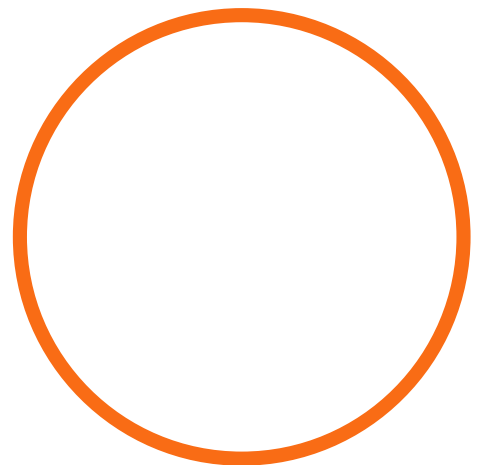
4 THINGS I FEEL



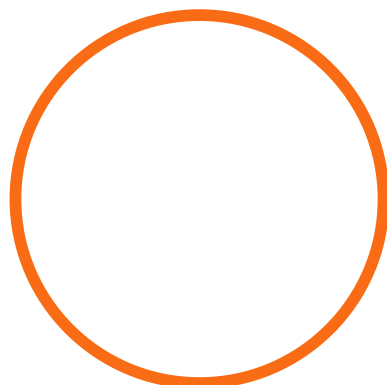
3 THINGS I HEAR



2 THINGS I SMELL

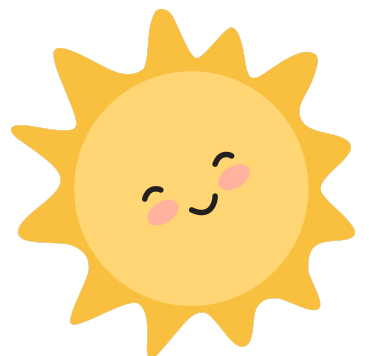


1 THING I TASTE

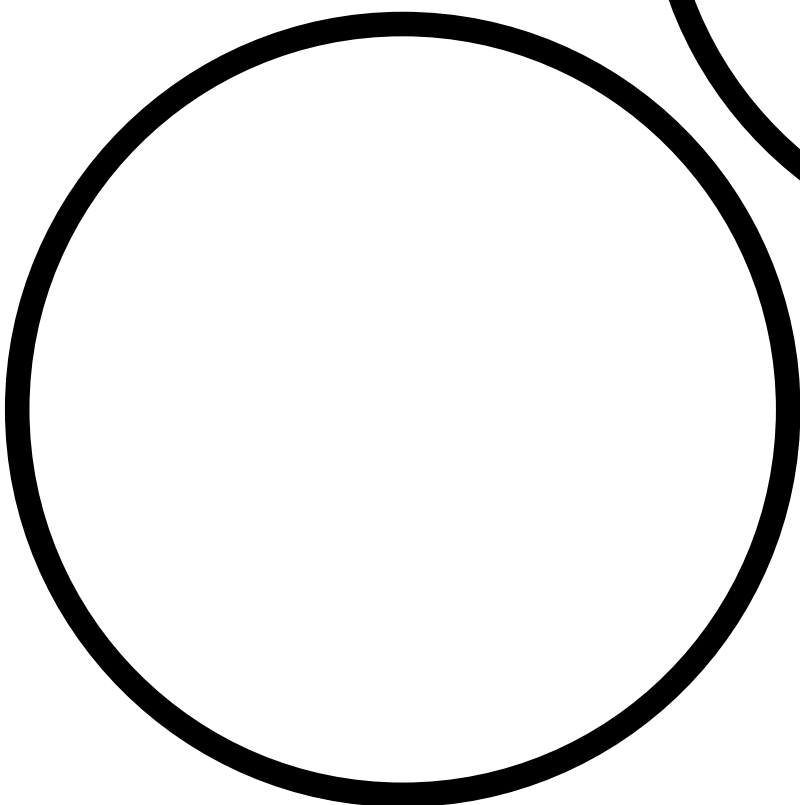
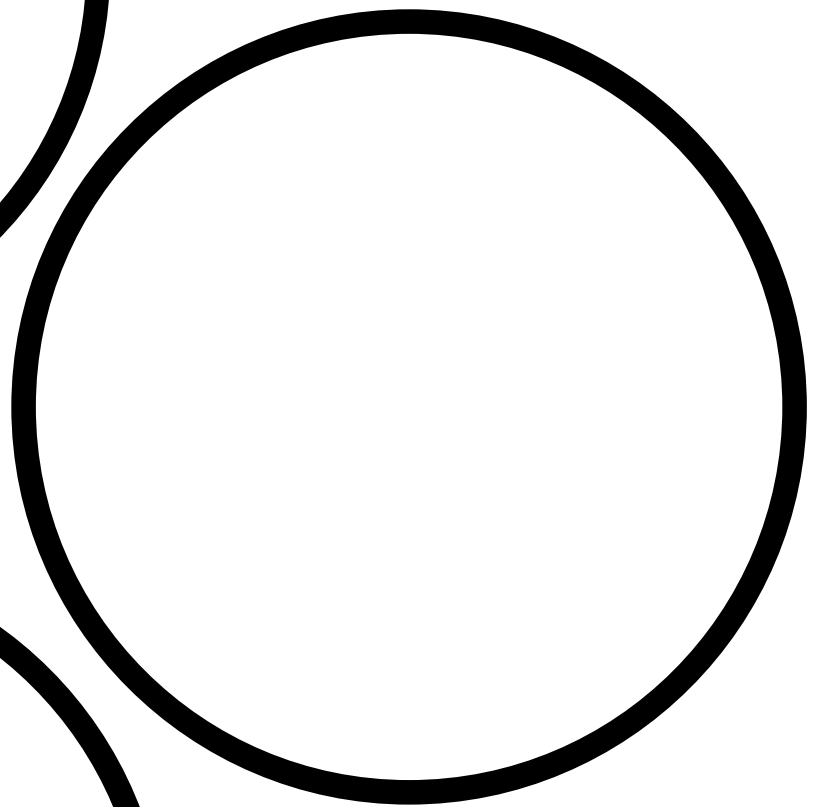
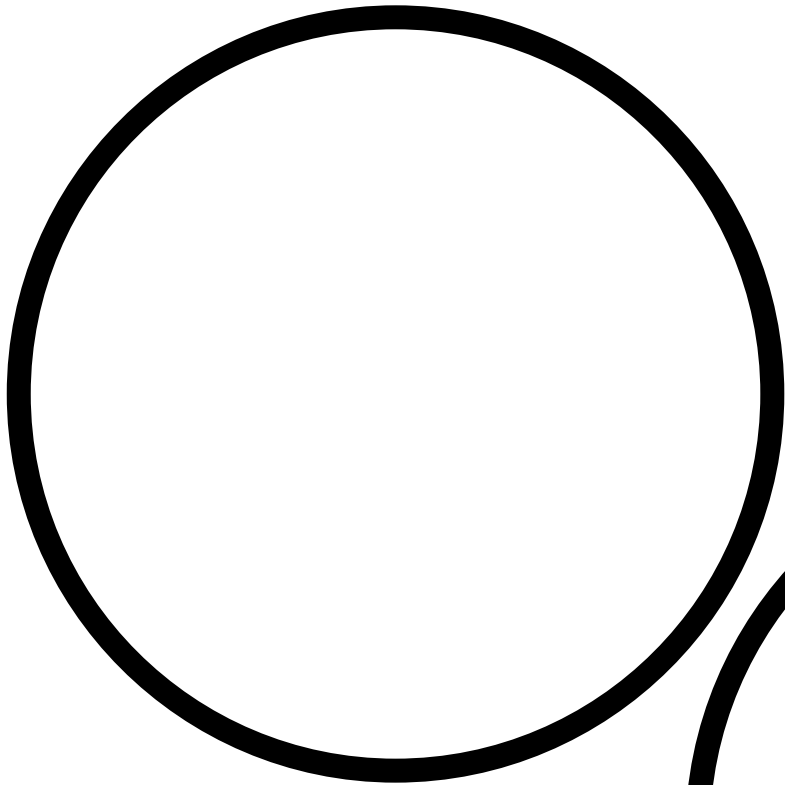


# Happy

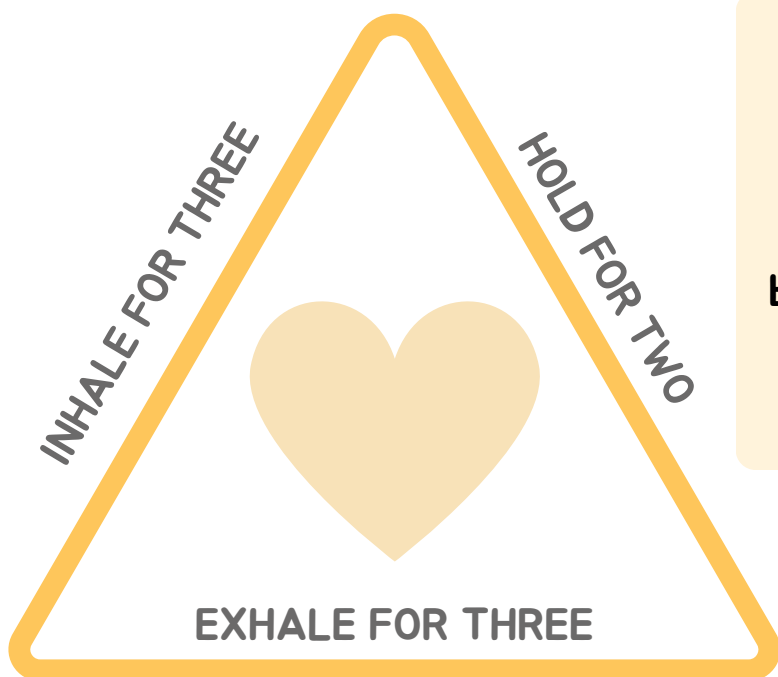
Fold a piece of paper twice to make a small booklet  
draw something each day that makes you happy



Fill each circle with patterns,  
noticing where you start and finish each line  
How does your hand move with each different pattern?



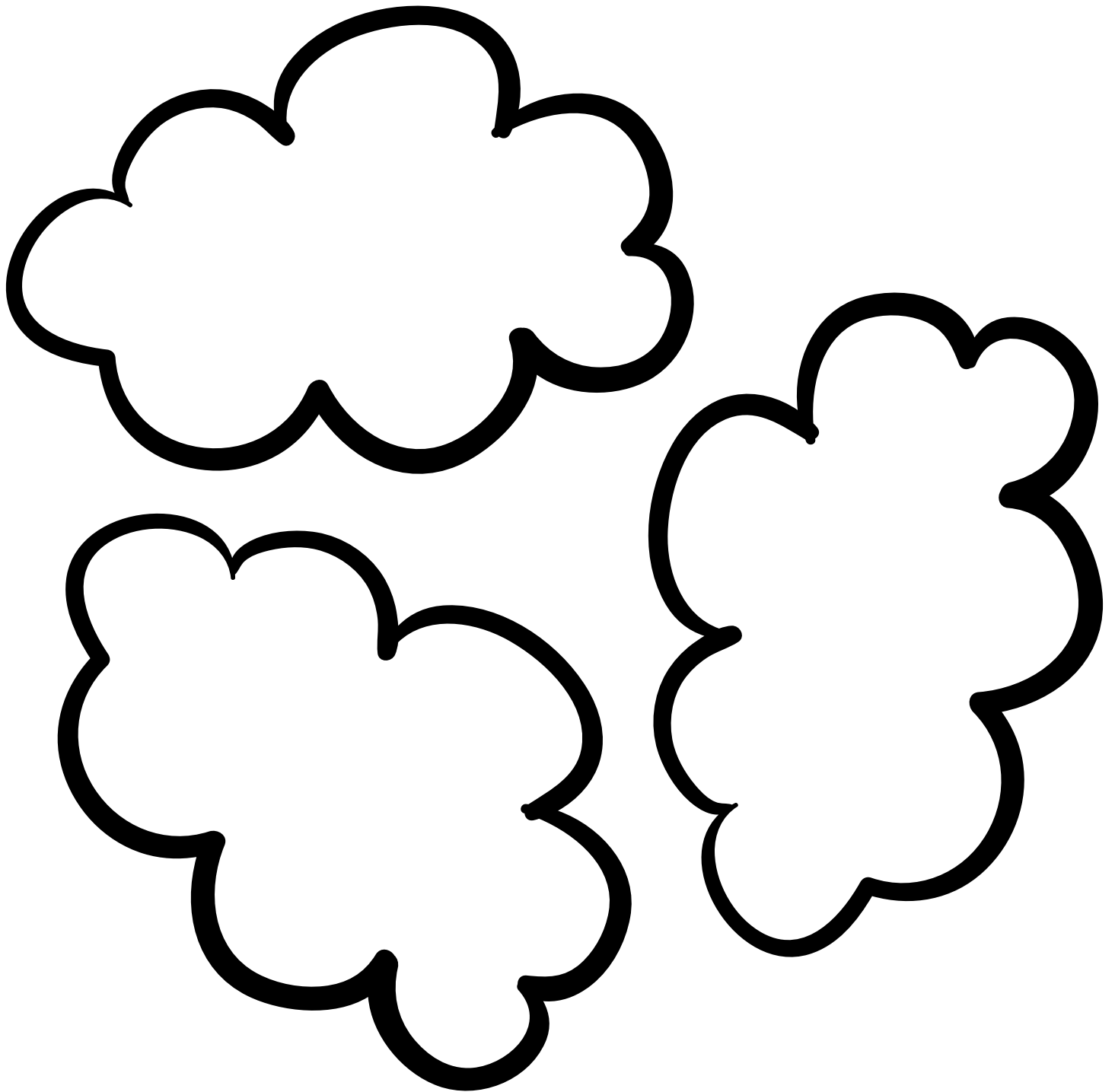
# MINDFULNESS ACTIVITY



Practice paying attention to your breath to calm your body. Take full breaths by tracing the lines with your finger as you breathe in and out.

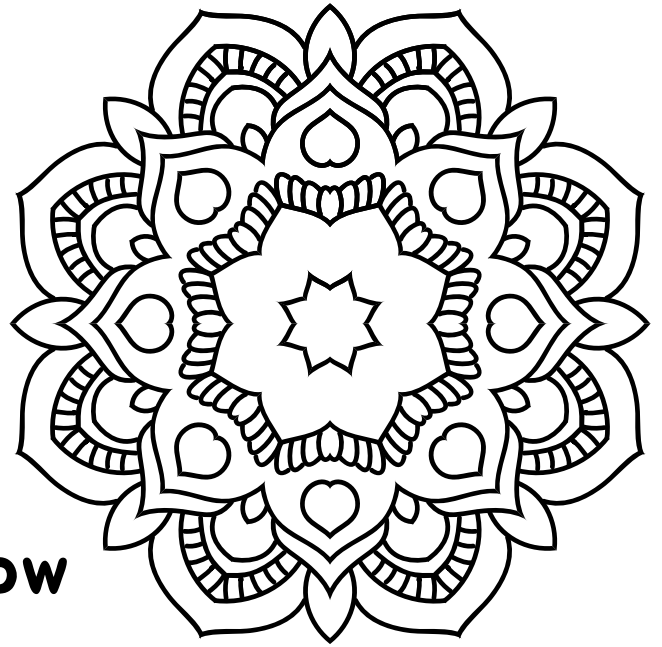
Now draw a overlapping triangles, one for each breath

Draw 3 things you are grateful for





# MINDFULNESS MANDALA



Complete the mandala below

