

Mindfulness Activity Card

Place your hand on your belly. Take 10 deep breaths and notice your hand moving up and down as you breathe.

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Sit very still and notice one thing that you can see, hear, feel, taste and smell.

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Close your eyes and spend one minute thinking about the happiest day of your life. Try to remember as much about that day as you can.

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Close your eyes and think about how you are feeling. Happy? Sad? Mad? Scared? Excited? Something else's? Think about how you know you are feeling this way.