

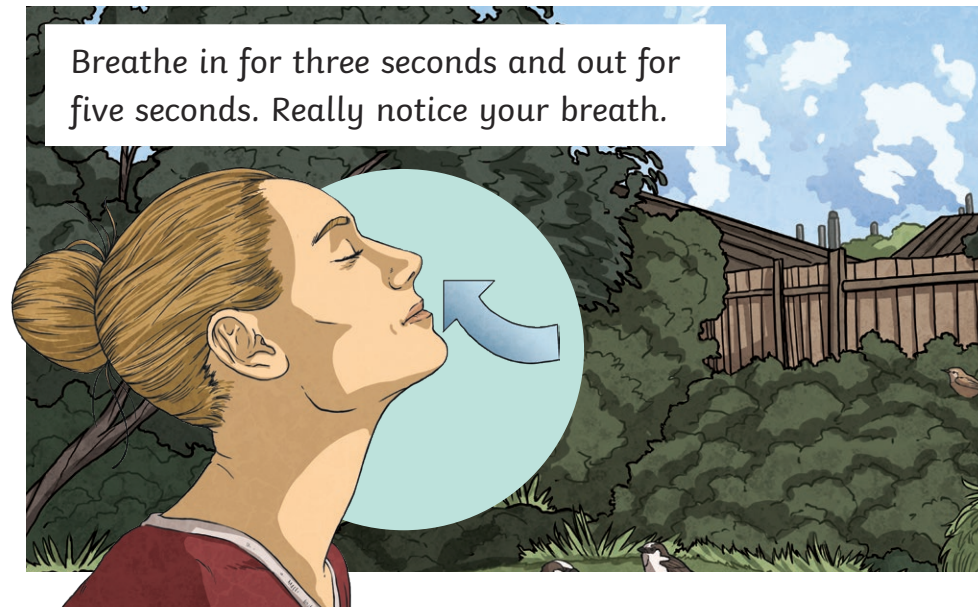
### Mindful Moments

Take a pencil for a walk on a piece of paper. Let it go wherever you like.



### Mindful Moments

Breathe in for three seconds and out for five seconds. Really notice your breath.



### Mindful Moments

Look around the space you are in and take time to list all the things you can see.



### Mindful Moments

Listen to a piece of music that relaxes you and notice how this makes you feel.



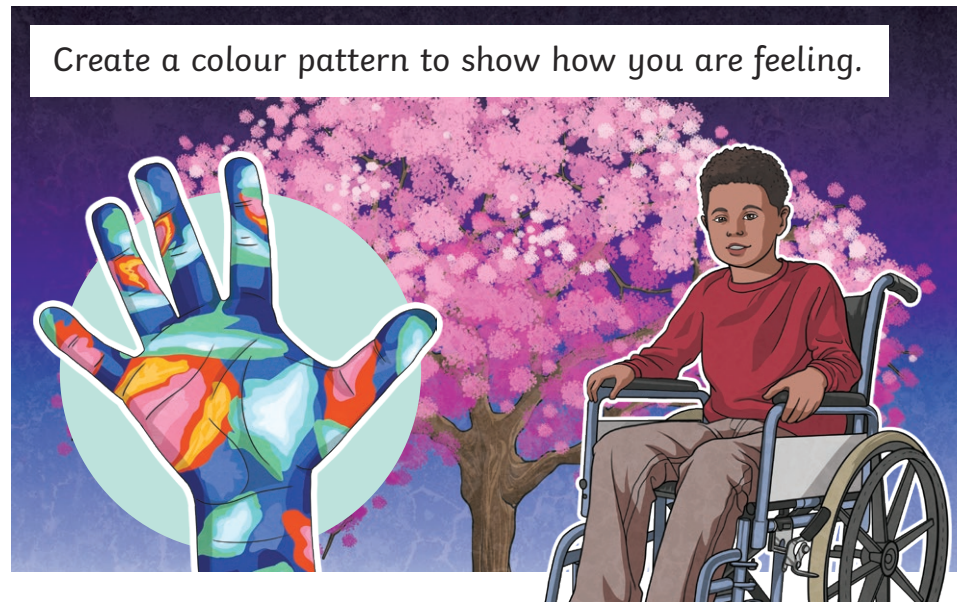
Mindful Moments

Think of four things you love about yourself.



Mindful Moments

Create a colour pattern to show how you are feeling.



Mindful Moments

Show kindness to someone else and really think about how this feels.



Mindful Moments

List four things you can see, feel, touch, hear and smell.

