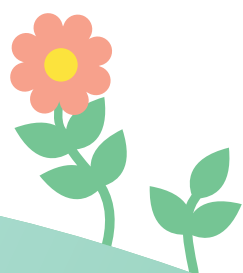


# How am I feeling in this moment?

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Think of a time when you felt calm and happy. See if you can notice those feelings somewhere in your body. Draw yourself in that moment/place.

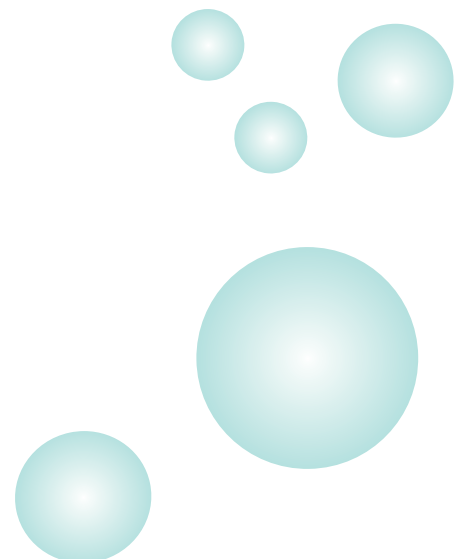
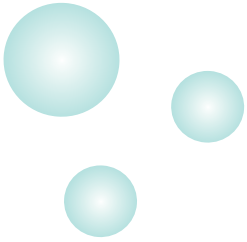


# Bubbles of Awareness.

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Draw some big bubbles on this page and take a moment to think of some moments today when you really noticed things around you. It may have been a warm smile someone gave you, something you ate or drank, or something in nature that caught your attention. Draw these moments of awareness inside the bubbles.

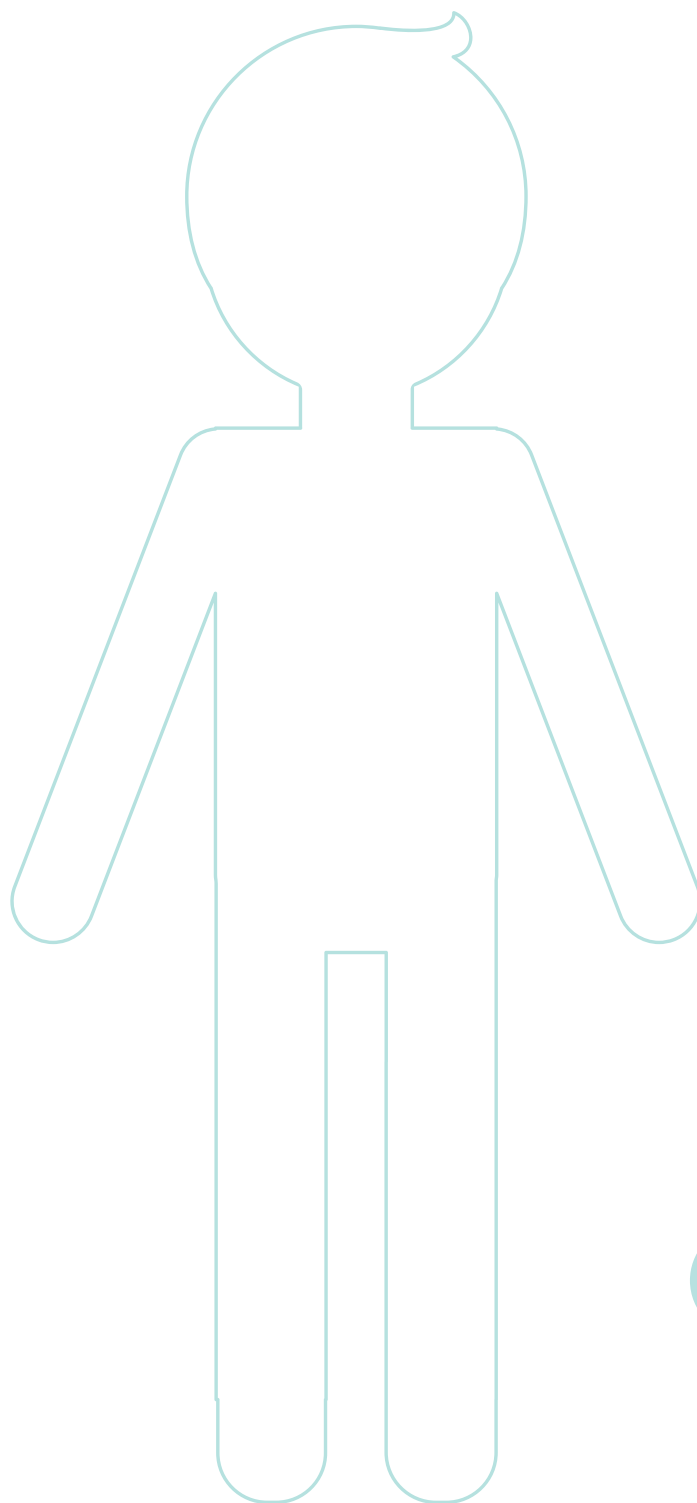


# Deep Breath.

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Belly breathing helps us to remember to fill our bellies with every breath. Fill your body with deep breaths and use colours and shapes to show how it feels.



# Focus on the Breath.



Each new breath is an invitation to return to the present moment. Think of a time recently when you were really focused on what you were doing. Write and draw what you were doing and how you felt.

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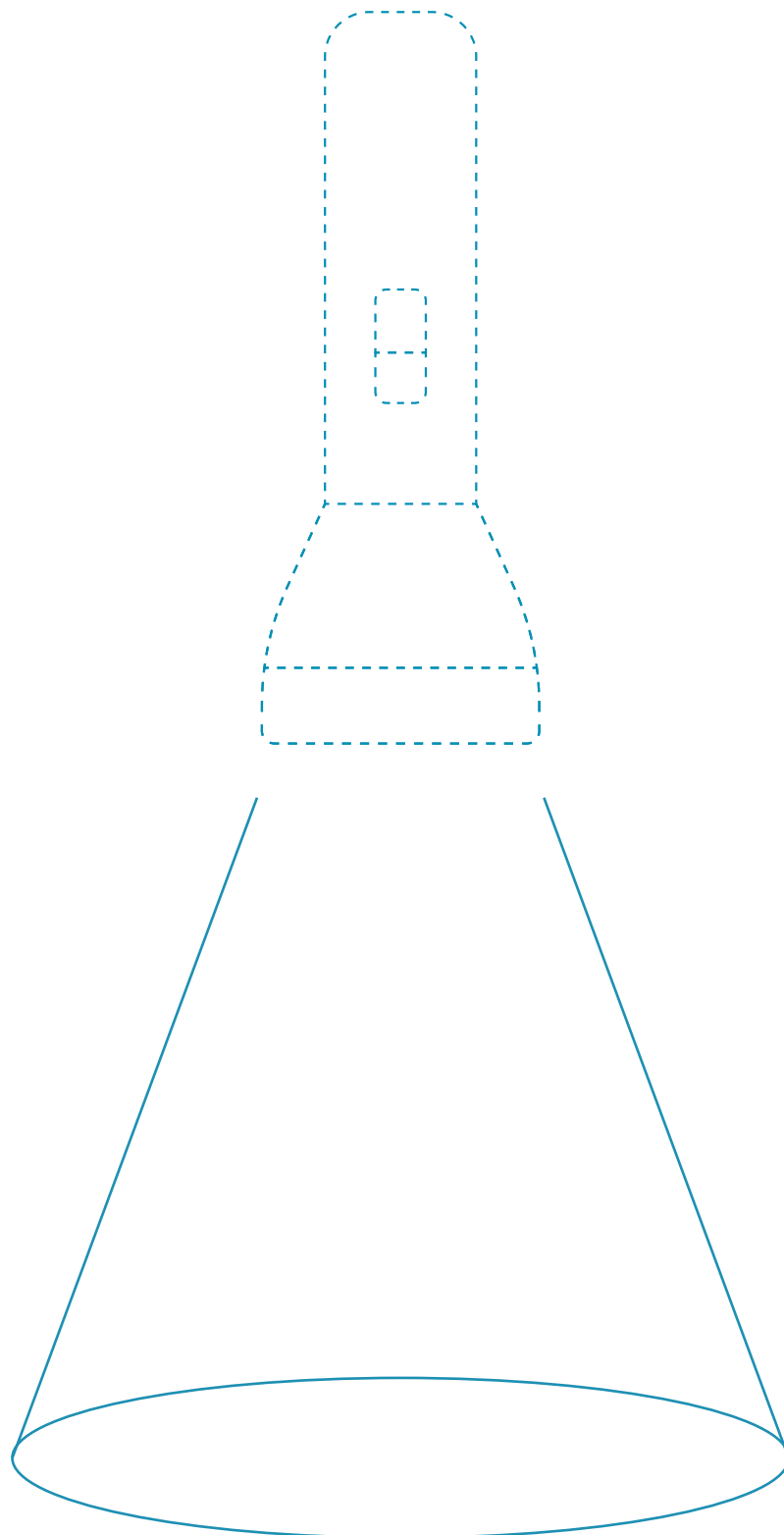


# Shining a Torch.

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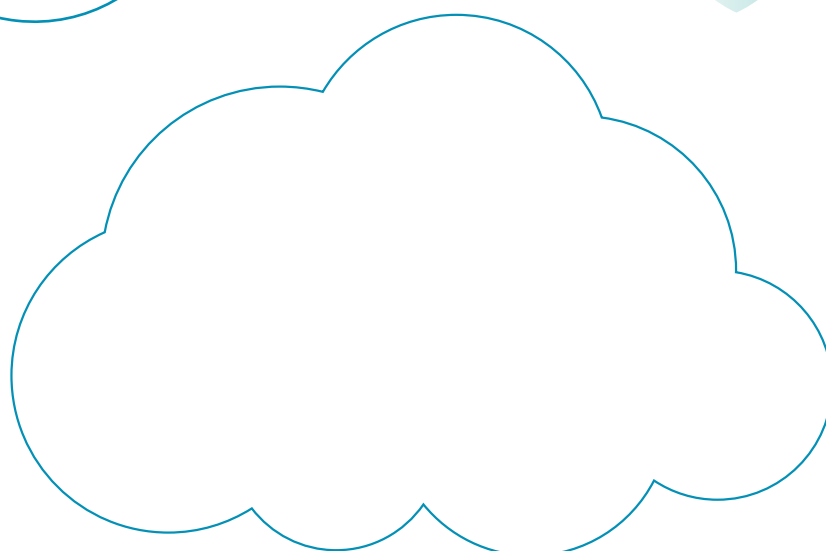
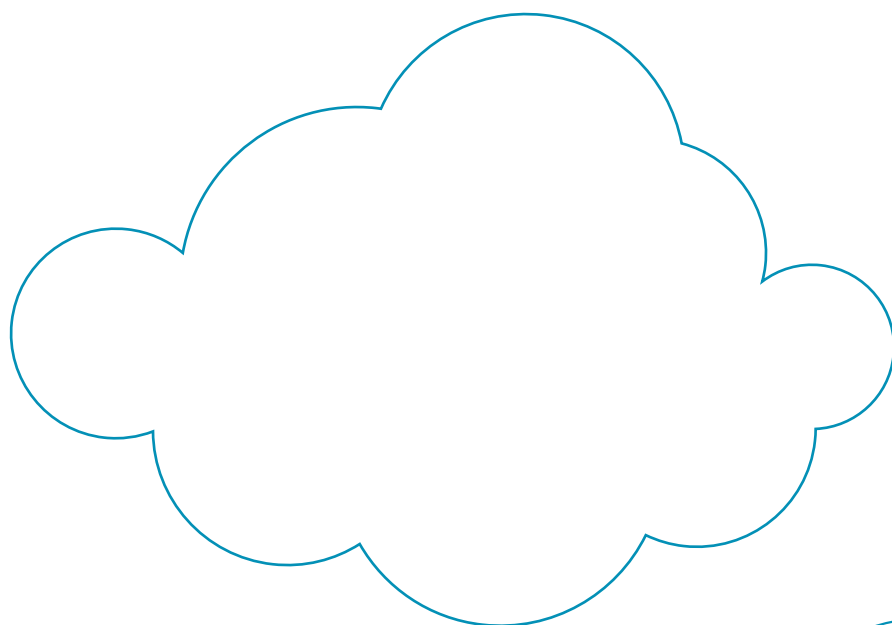
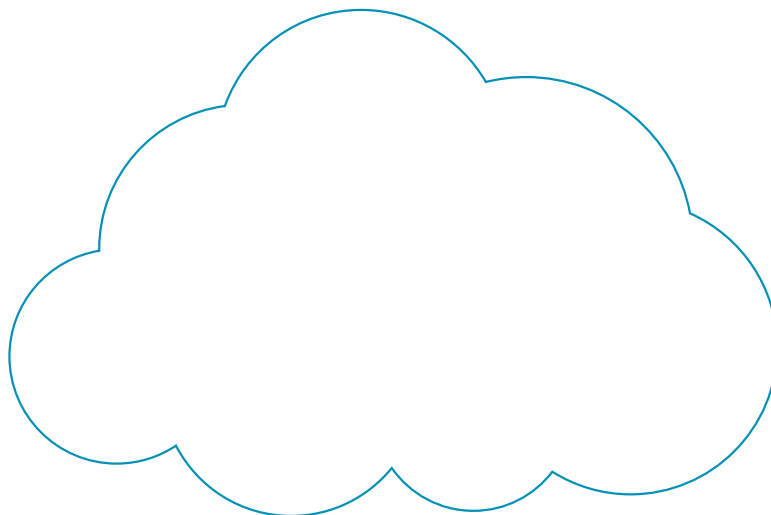


When we shine a torch, we can see something clearly. Draw a magical torch and shine it on the present moment. Draw yourself in the torch beam and write some words to describe how you are feeling in this moment.



# Many Emotions.

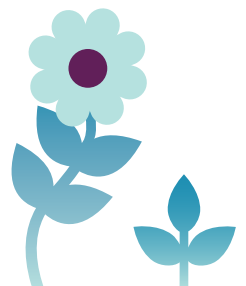
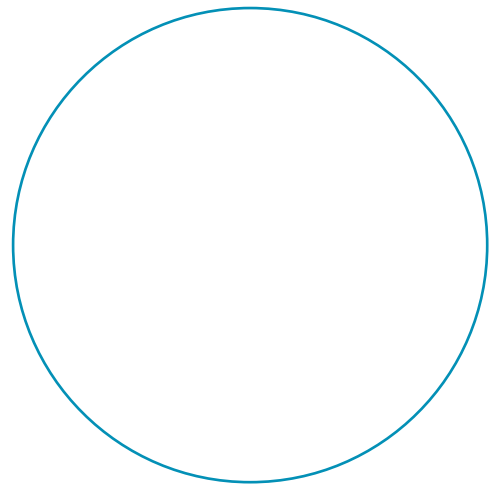
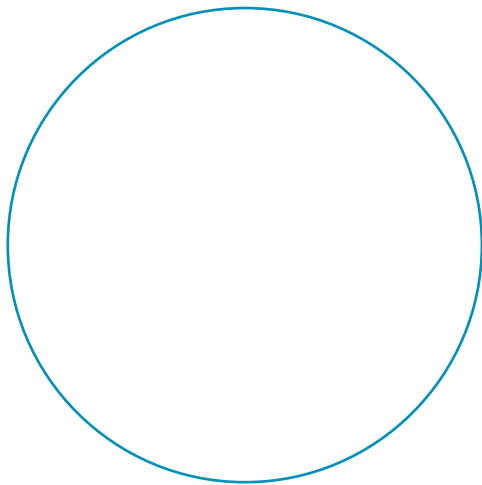
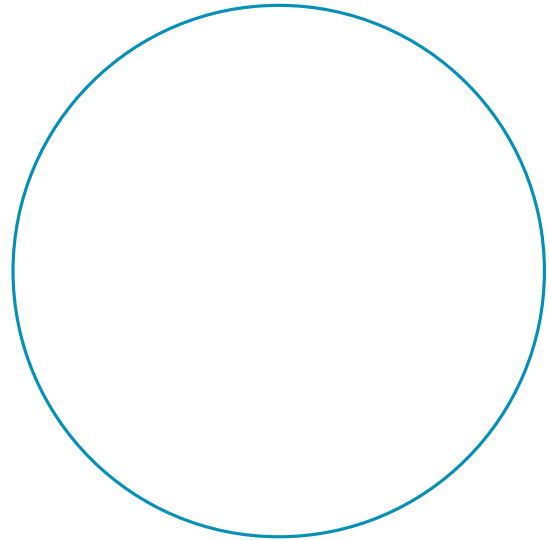
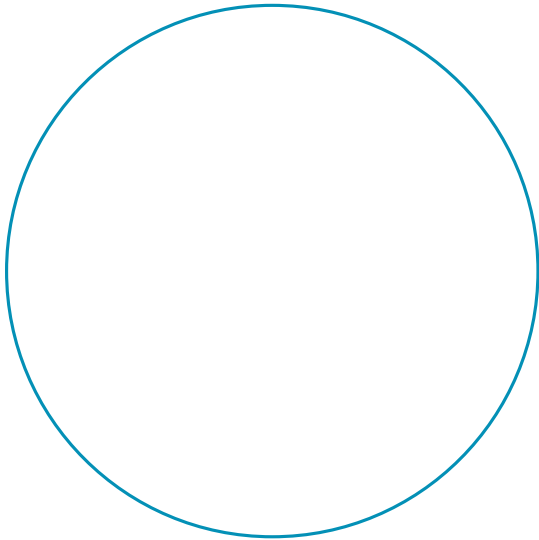
We all feel lots of emotions every day. We can notice and name them. Draw three emotions you have felt today. Do they have shapes and colours?



# Gently Holding My Emotions.



Have you ever felt lots of feelings all at once? Emotions turn up in our minds and our bodies every day. We can notice and name them. Then we can hold them gently until they are ready to move on.

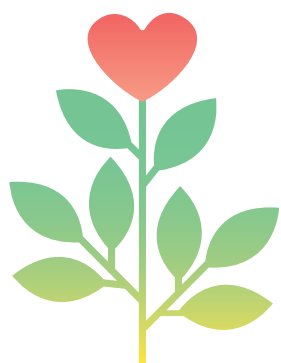


# My Senses Teach Me About The World.



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Draw yourself somewhere you love to be. What are your senses telling you about the world around you? What can you see, hear, smell, touch and taste?

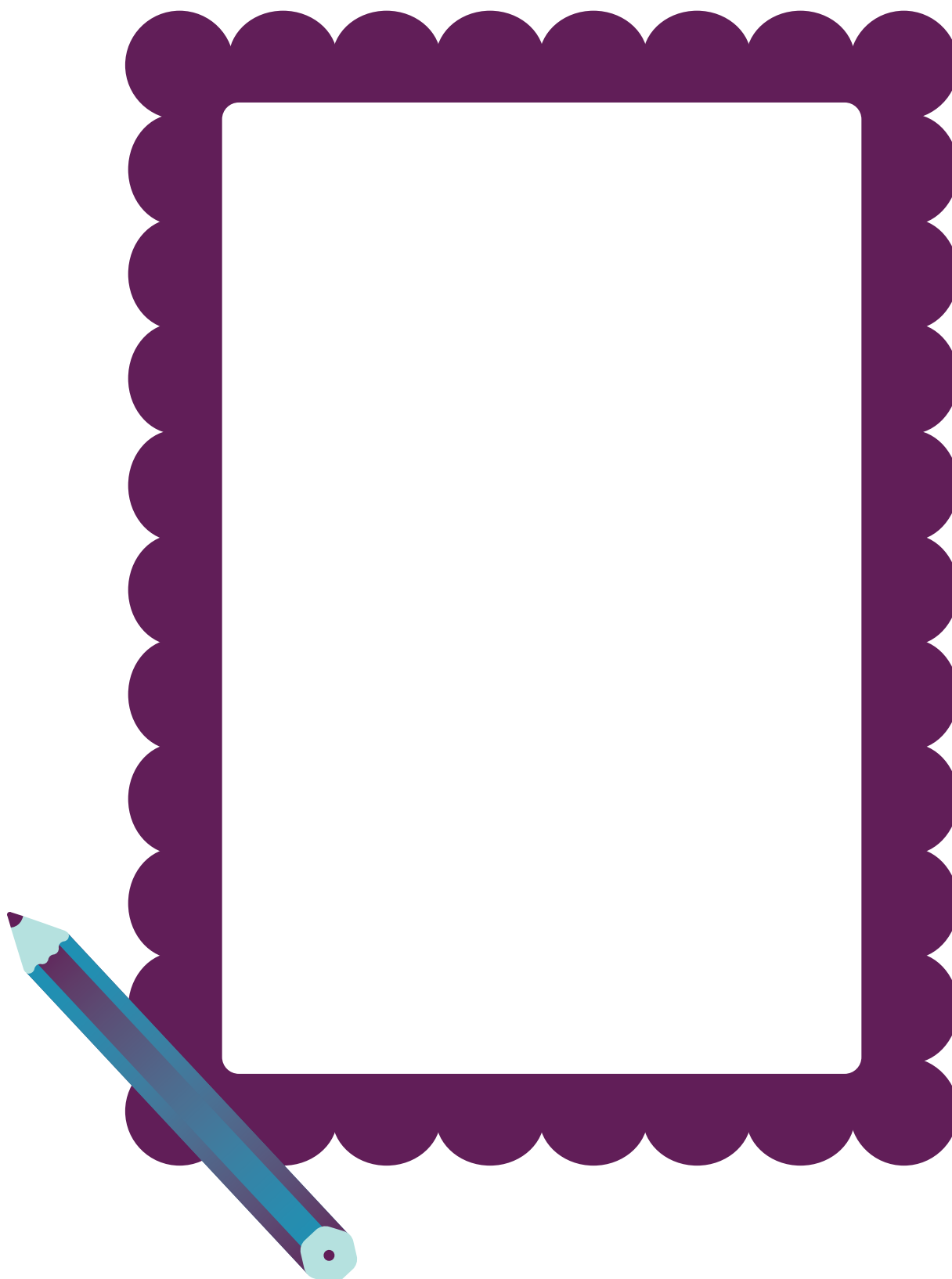




# Sensory Me.

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Draw yourself in this photo frame doing something that switches on your five senses. What can you see, hear, smell, touch and taste?

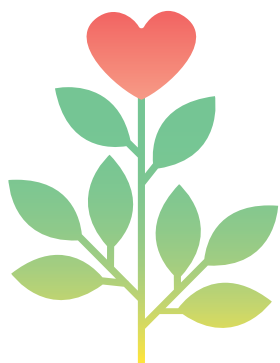
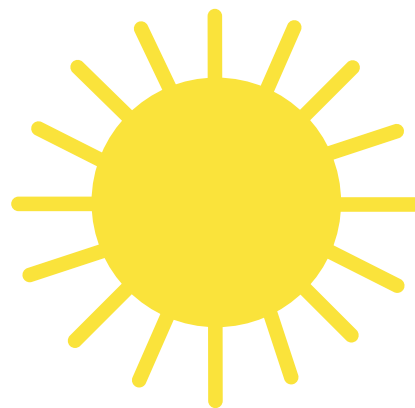


## Moving Mindfully.

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Think of a time when you were using your whole body and feeling fantastic. Perhaps you were swimming or running or playing an active game. Draw your body feeling great and moving mindfully and write some of the feelings you felt at the time.



## Mind-body Connect.

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Sometimes we get so busy inside our heads, we forget that our bodies are attached... oops! Draw yourself at a time when your head and body are working and moving together like a wonderful machine!

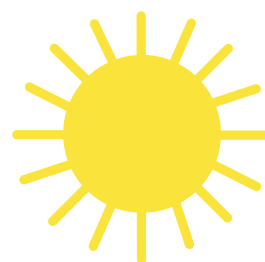
What are you doing and how are you feeling? Think of some emotion words to add.



# My Magical Wish Tree.



Think of a favourite tree, or imagine a favourite tree. Imagine it is filled with magical wish birds. What do you wish for today? Just choose something that makes you feel calm and happy. Draw your favourite tree and fill it with wish birds. Write your wish beneath your tree.



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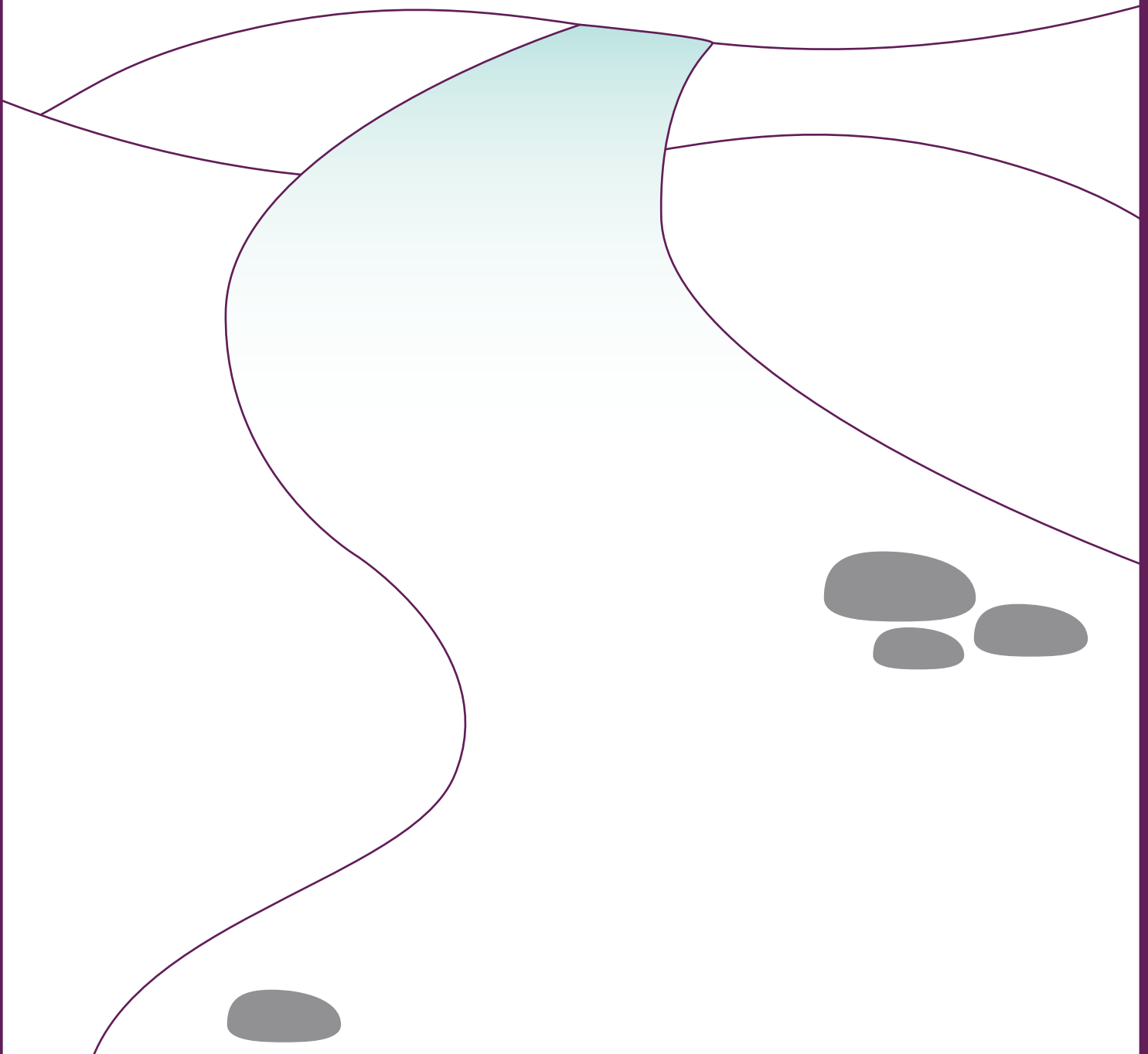
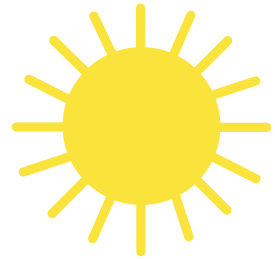
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# Float Away.

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Imagine sitting beside a beautiful creek. The sun is shining, the birds are singing and the cool fresh water is flowing past you gently and calmly. Pop your worries on leaves that are floating past and just let them float away. Draw and write what you are imagining right now.



# Teddy Bear Breathing.

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Do you have a favourite soft toy or blanket? If you do, go and get it now. How does this very special friend make you feel when you are together? Draw the two of you looking after one another and write some feelings words around you both.



# Someone Special.



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Think of someone you love very much who helps you out when you feel sad and unsure. Imagine being together and having fun. What do you love doing together? Draw a picture and add some feelings words around you both.



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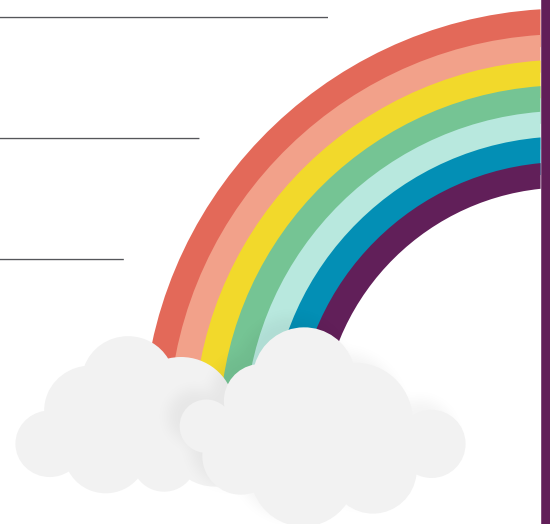
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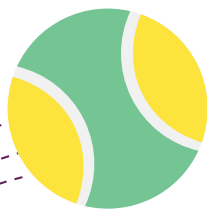


# Bouncing Back.

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When we bounce a ball it can bounce way up high and it always comes down again. Draw yourself with some bouncy balls to show that life can be like this too. We have up and down bouncy days too, just like a bouncy ball.



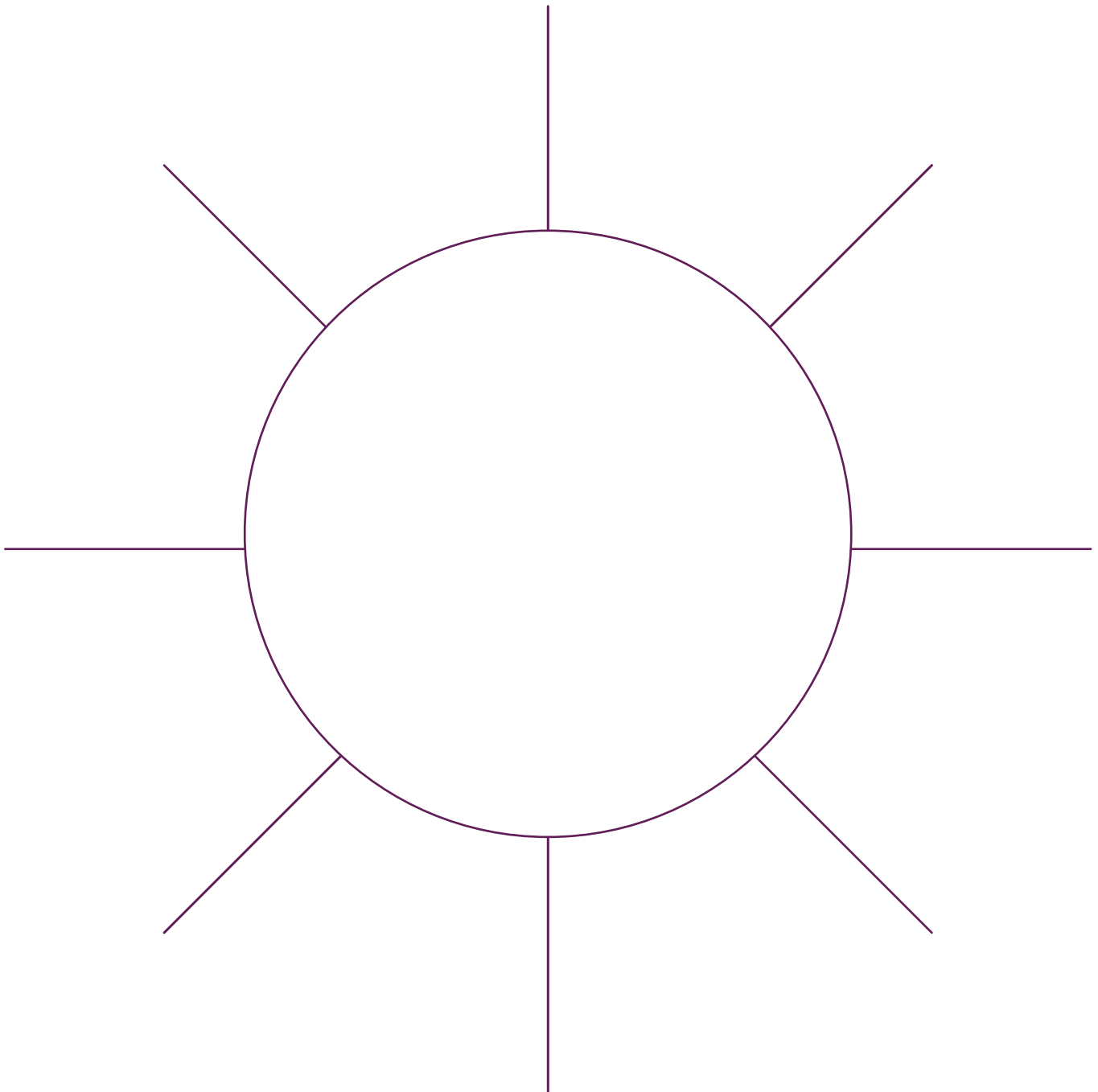


# Picking Ourselves Up.

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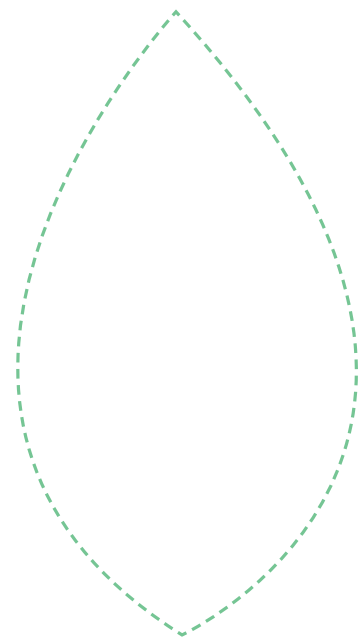
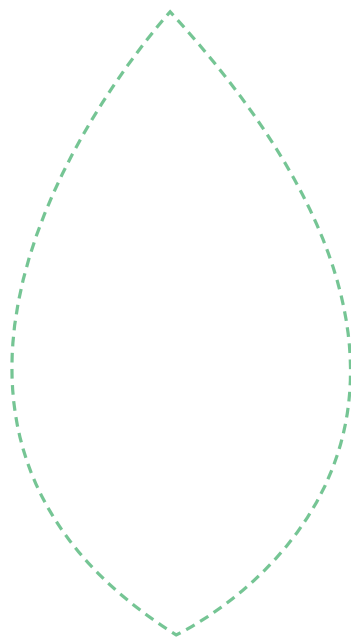
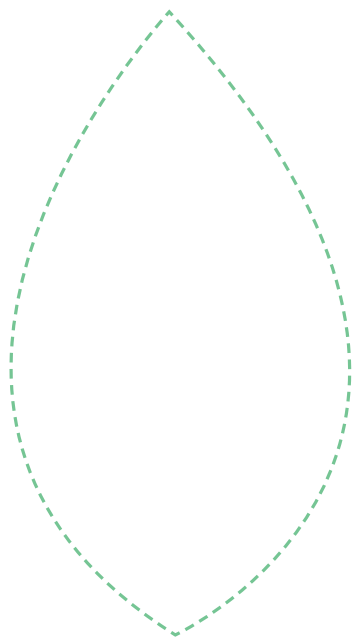
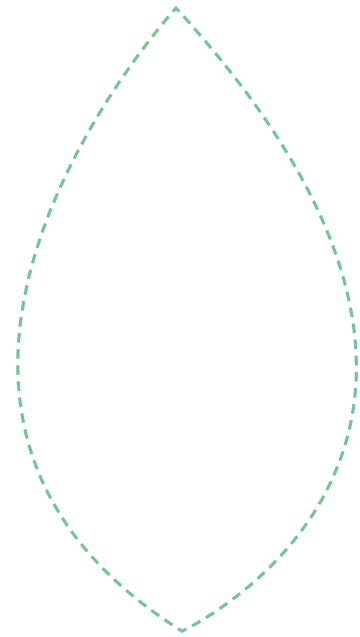
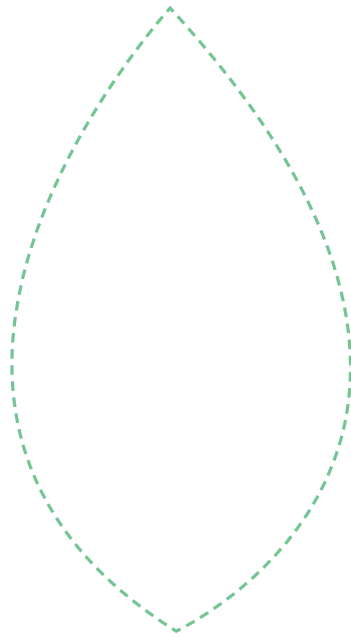
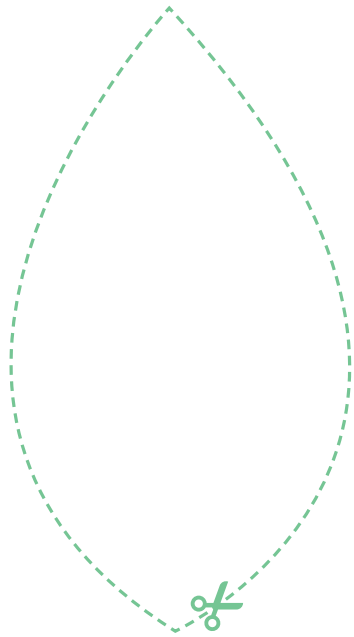
We've all fallen in the playground and found ourselves on the ground. Life can be like this too sometimes and it can be very hard to get back up and keep going. But when we do, things begin to become clearer for us and we can see a way forward. Write and draw about a time you had to just pick yourself up and keep going.



# Gratitude Tree.



Think of all the wonderful people, places and things that make you feel happy inside. Use these leaves to write and draw some of them. Then go outside and find a dead branch to bring inside (with your parent's permission) to tie them onto. You can add more each week.



# Savouring Chain.



When we think of beautiful times, we call this savouring. We can do it anytime, about anytime, even if the special thing has not happened yet. Using these coloured strips, write and draw some happy moments and then make a chain. You will need a glue stick to make your loops. You can add to your chain each week.



A series of seven horizontal rectangular boxes, each outlined with a dashed line. The boxes are arranged vertically and are intended for writing and drawing happy moments. The colors of the dashed lines, from top to bottom, are: red, red, yellow, blue, purple, purple, and green.

# Catching Butterfly Moments.



When we see a butterfly, it is often a joyful experience. Butterflies dance and weave in the sunlight, making the most of every moment. Create your own butterflies with art materials and hang them up in your room to remind you to look for beautiful moments each and every day.



Art Materials you may need:

- Plain or coloured paper
- Ribbons
- Glue
- Cardboard
- Pencils & colouring materials

## Unhook And Swim On.

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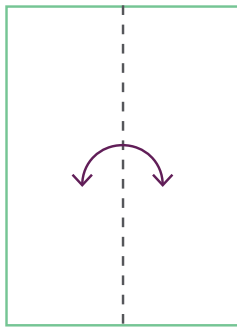


Imagine you are a colourful fish in the deep blue ocean. A hook means danger and it's important to keep swimming if you see one nearby. Draw yourself swimming towards all that makes you happy and far away from the hook.



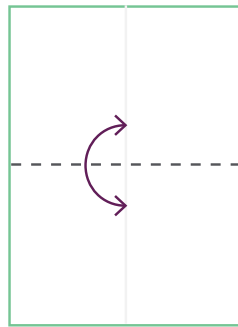
# Origami Mindfulness.

Have you ever tried making origami? You will need an A4 piece of paper to make this little boat shaped origami with an adult and then do the Rock The Boat meditation together. Then make more little boats together and decorate them with many colours.



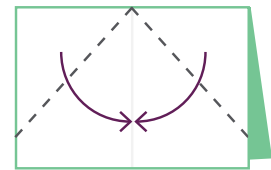
**1.**

Fold in half



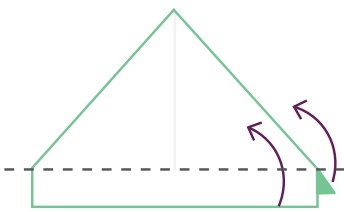
**2.**

Fold in half again



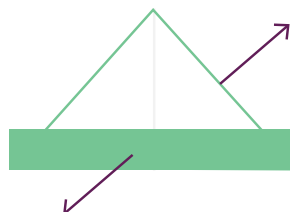
**3.**

Fold in corners



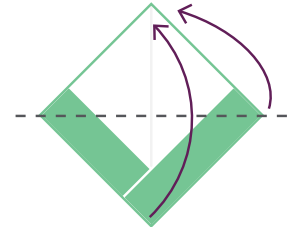
**4.**

Fold up edges on both sides



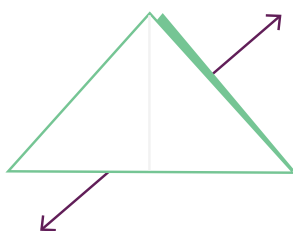
**5.**

Pull the sides out and flatten



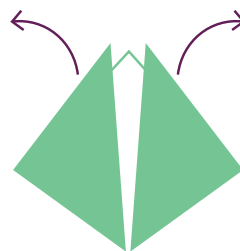
**6.**

Fold front and back layers up



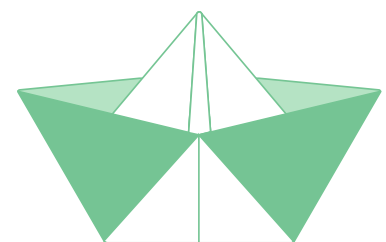
**4.**

Pull sides apart and flatten



**5.**

Pull top flaps outwards



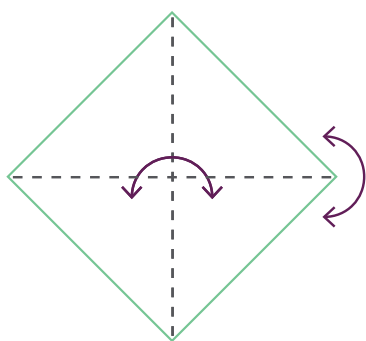
**6.**

Squish the bottom and pull the sides up. Tada!

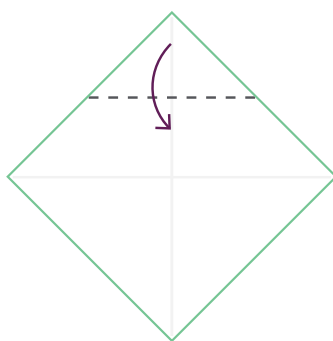
# Growth Mindset Heart.



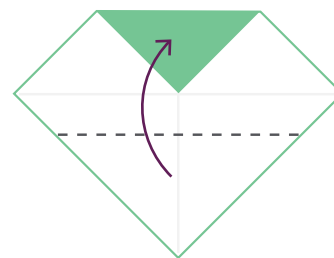
Think of someone who is always there for you and helps you to learn and grow by helping you to keep trying even when things are tricky. Using a square piece of paper, make an origami heart for this person.



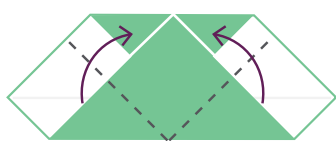
**1.**  
Fold in half in both directions



**2.**  
Fold the top corner down



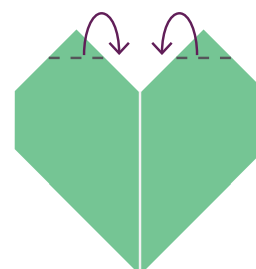
**3.**  
Fold the bottom corner up



**4.**  
Fold each edge inwards



**5.**  
Fold the corners on the side



**6.**  
Fold the corners on the top

