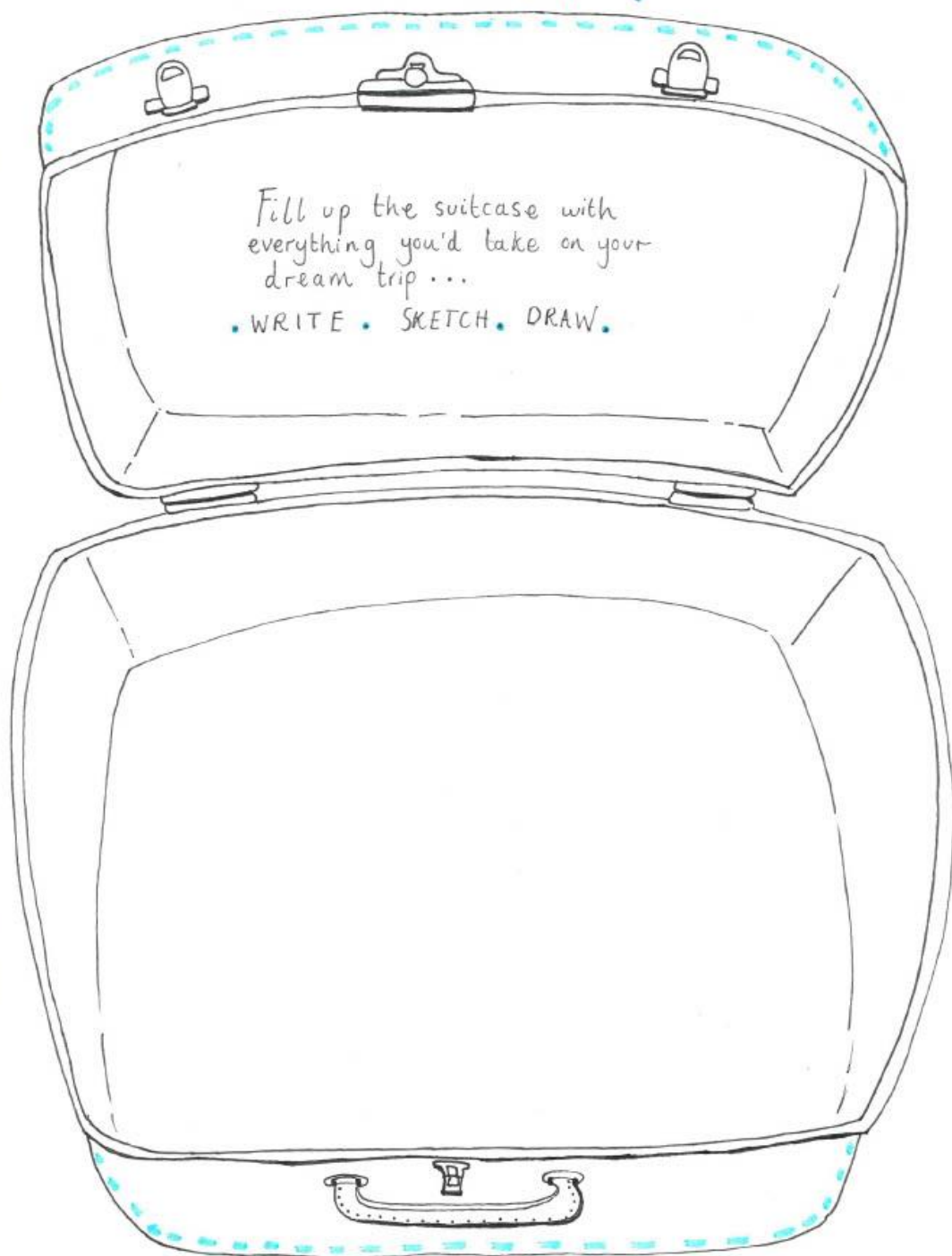
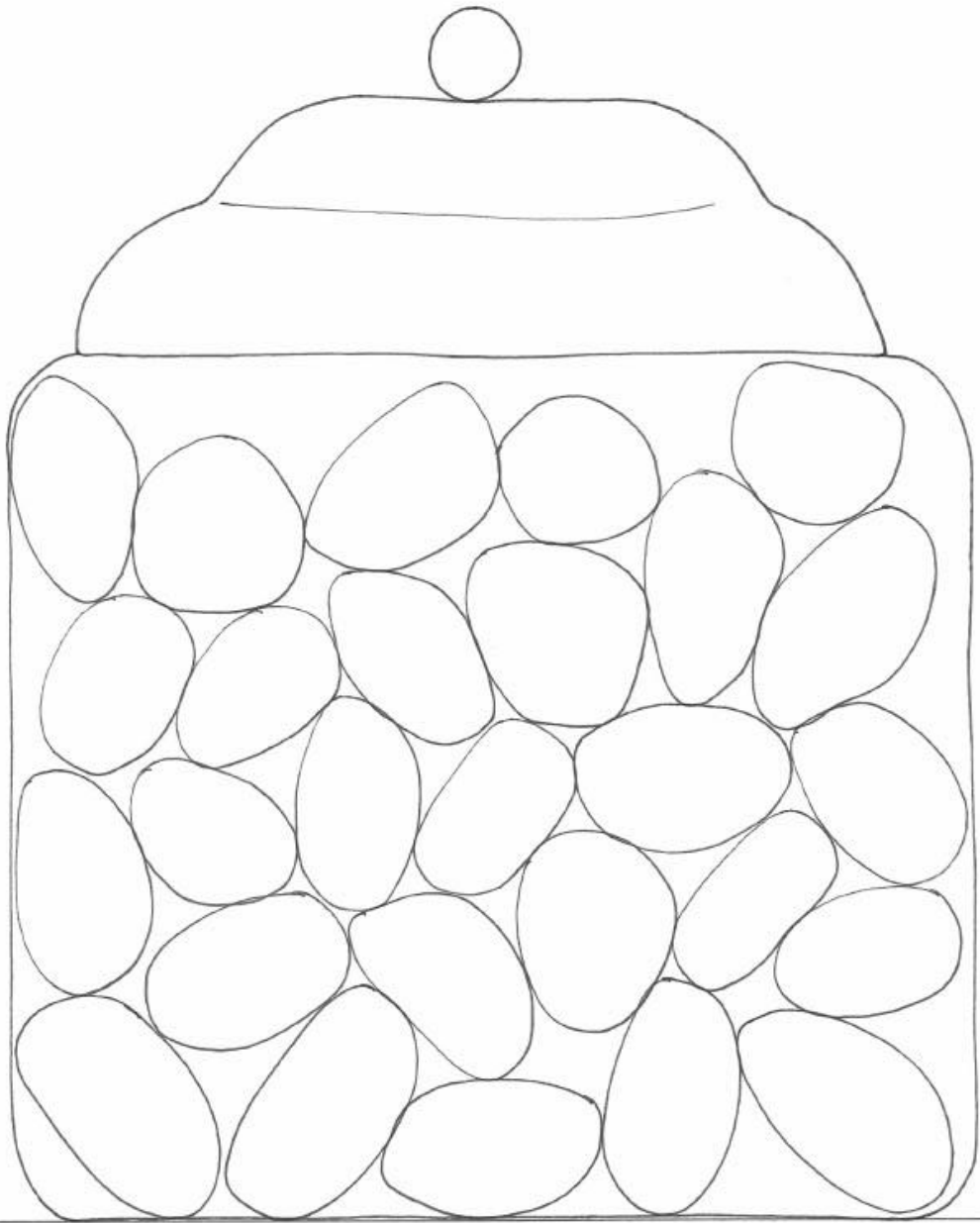


# A-Z OF MINDFULNESS!

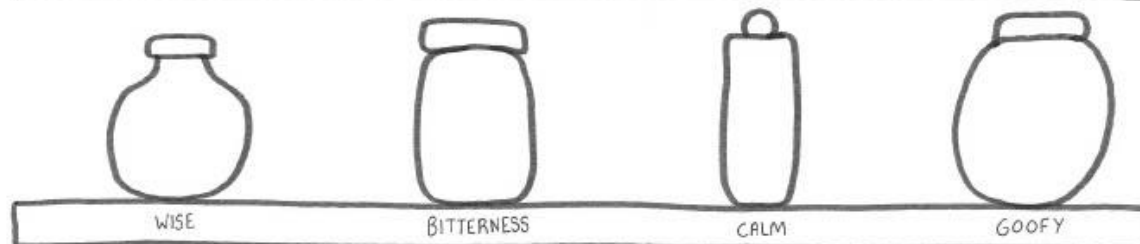
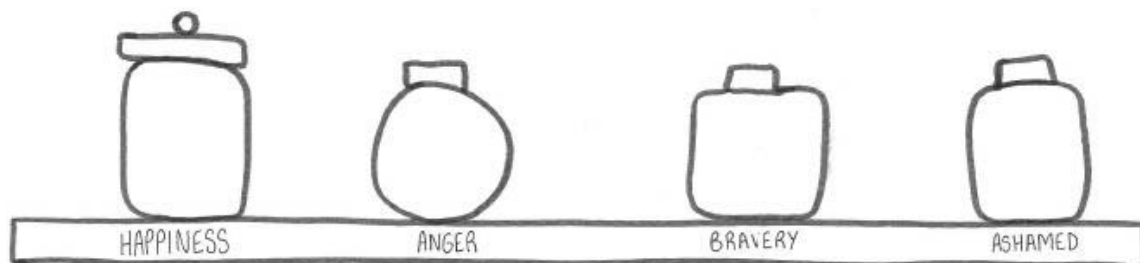
<b>A</b> AWARENESS of yourself and surroundings	<b>B</b> BELIEVE in yourself	<b>C</b> CALM and relaxed	<b>D</b> DAY DREAM and let your thoughts wander
<b>E</b> EMPATHISE with yourself	<b>F</b> FEEL and acknowledge your emotions	<b>G</b> GRATITUDE be thankful for what you have	<b>H</b> HAPPINESS let yourself be happy
<b>I</b> IMAGINATION use yours	<b>J</b> JOY be joyful	<b>K</b> KINDNESS to yourself and others	<b>L</b> LISTEN to what is happening now
<b>M</b> MEDITATE and learn how to relax	<b>N</b> NATURE enjoy all the nature around you	<b>O</b> OPEN your mind to the sensations around you	<b>P</b> PEACE find peacefulness
<b>Q</b> QUIET find a quiet place with no distractions	<b>R</b> REST your mind for a minute	<b>S</b> SEE what is around you right now	<b>T</b> TIME be here now in the Present moment
<b>U</b> USE your senses	<b>V</b> VISUALISE your happy place	<b>W</b> WELLBEING look after yourself	<b>X</b> EXHALE slowly
	<b>Y</b> YOGA learn some exercises	<b>Z</b> ZEN be at peace	

# WHAT would I TAKE with ME ?



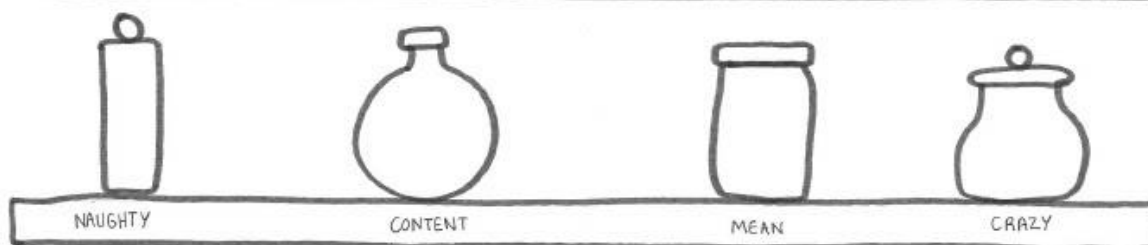
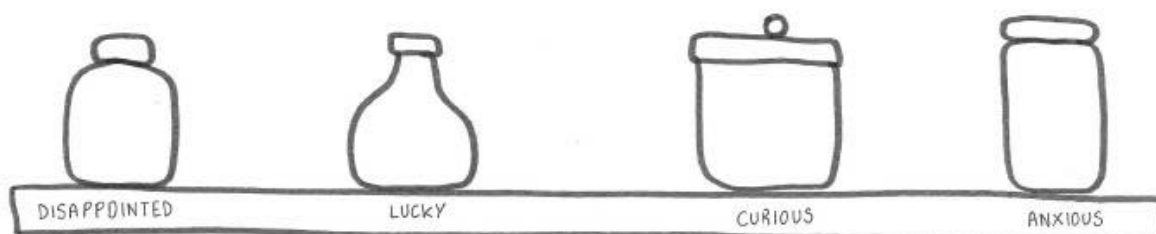


Positive Memory Jar

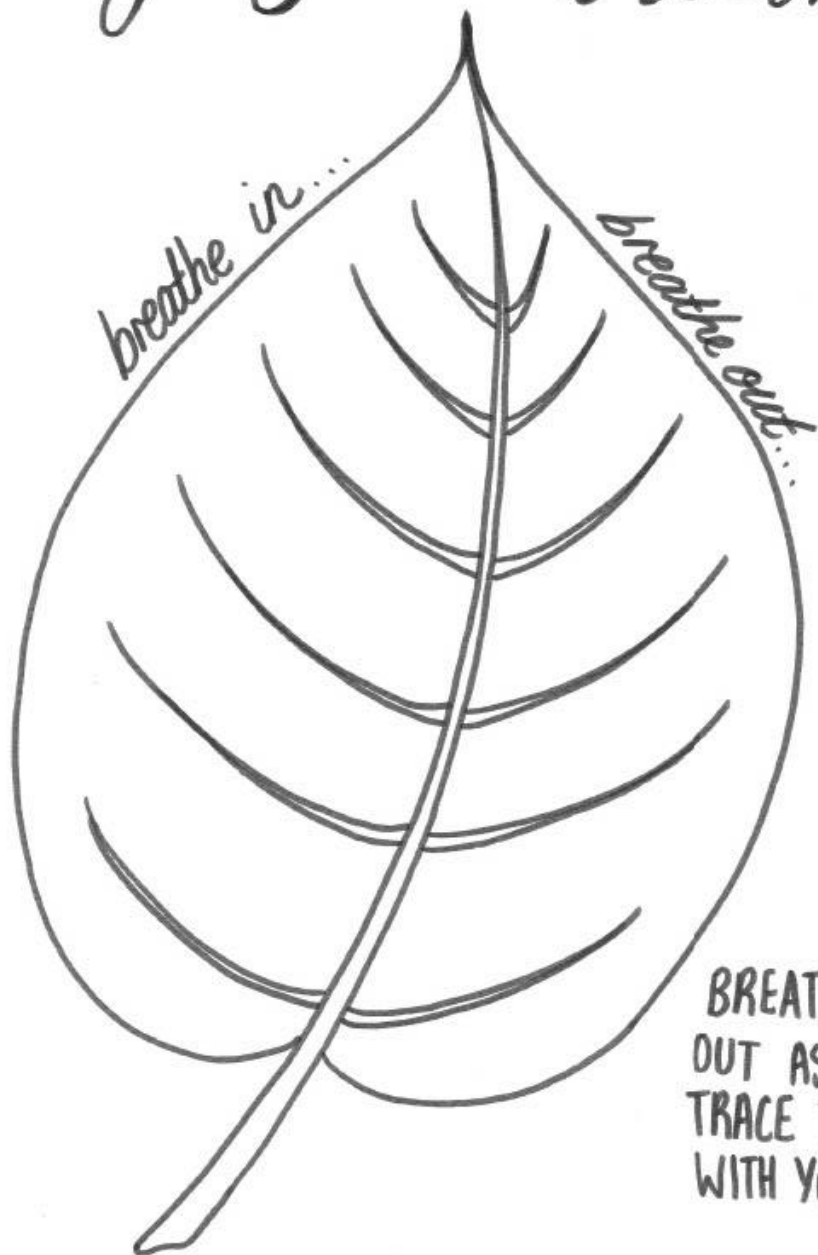


# BOTTLED-UP EMOTIONS

*Fill each bottle with different colours and patterns!*



*just breathe*



BREATHE IN AND  
OUT AS YOU SLOWLY  
TRACE THE LEAF  
WITH YOUR FINGER...



