



Look around.

Name something blue,
something red, something shiny,
and something rough.



Look at or walk around your environment. What are:

4 things you can **see**, 3 things you can **hear**, 2 things you can **touch**, 1 thing you can **smell**?



Play some **calming music** or a
soundscape.

Focus on the different sounds and
notice how you are feeling.



Go for a **mindfulness walk**. You might focus on:

What can you see? What can you hear? What colours do you notice? Count your steps from one spot to another.



Close your eyes for one minute and
focus on what you can hear.

What were all the things you heard?

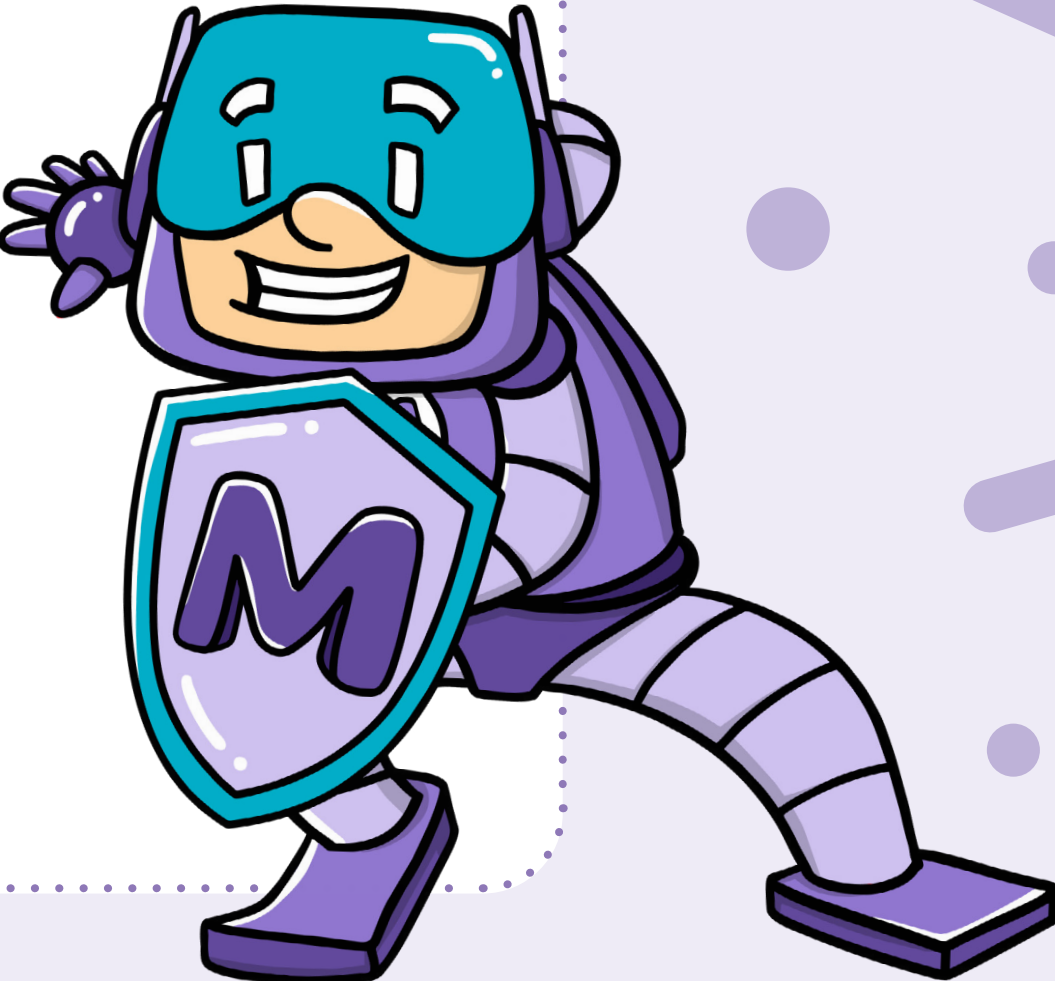
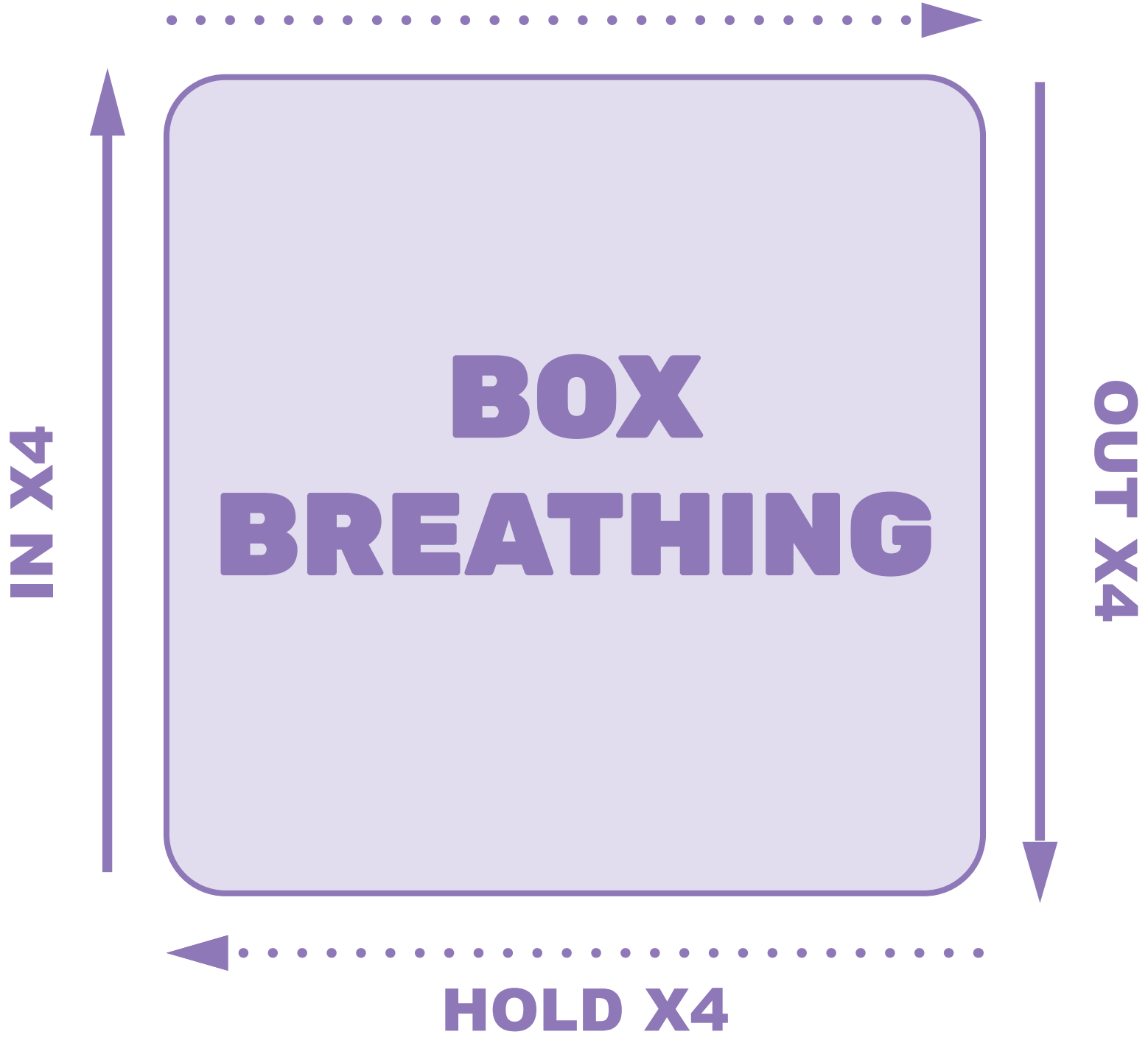


Take a moment to bring your attention to your breath. **Observe 5 mindful breaths**, following each in-breath and out-breath.

What was this experience like?



HOLD X4





Take a moment to look out the window or around the room 3 things you can **see**, 2 things you can **hear**, 1 thing you can **feel**.

Notice how you feel after stopping for a moment.



Participate in some **mindful
colouring** in your Student Journal.

Focus on: the colours you choose,
the stroke of the pencil as you
colour, the feeling of the pencil and
paper on your hands, etc.



Close your eyes and count **10 slow breaths**. Focus on your breath and the feelings in your body.

How do you feel after this breathing exercise?



What mindfulness activity will
you do today or this week?

Write it down and schedule it
in your diary.



Pick a daily routine activity — like brushing your teeth, showering, or washing your hands — and use it as a **moment for mindfulness**. Focus on your five senses and bring awareness to what you're doing.

Which part of your day will you include mindfulness?



Practise **mindful stretching** by gently moving through a range of stretches, paying attention to the sensations in your body.

Hold each stretch as long as comfortable, focusing on your breath and the feelings that arise with each movement.



Practise **mindful yoga**.

Pay close attention to the movement
of your body and your breathing.



Play a piece of music and **focus**
on one instrument throughout.

What do you notice?



Choose a **meditation** from one of these apps:

- The Resilience Project
- Insight Timer
- Calm
- Buddhify

How do you feel after completing the meditation?



Choose an object and explore it
with a beginner's mind, as if you've
never seen it before.

What do you notice? How would
you describe it?



Describe a moment when you felt
present and connected today.

What would you like to feel more
present for tomorrow?



Write down three moments in your day tomorrow when you could pause and take **five mindful breaths.**



Reflect on a moment you felt anxious,
nervous, worried or stressed in the
past few days.

What could you have done differently
to **calm yourself**?



What thoughts are passing through your head **right now**?

Write these down without judging them as good or bad, right or wrong. Just practise noticing and observing them.



Describe a recent situation where you
felt challenged and the mindfulness
tools you found helpful.

How did you use them?



Write down your favourite
mindfulness activity and
schedule this into your week.



Write down **three moments in your day** tomorrow when you could pause and take five mindful breaths.