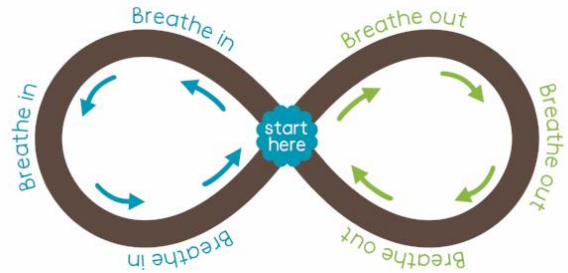
Mindful MINUTES

My Worry Bubble

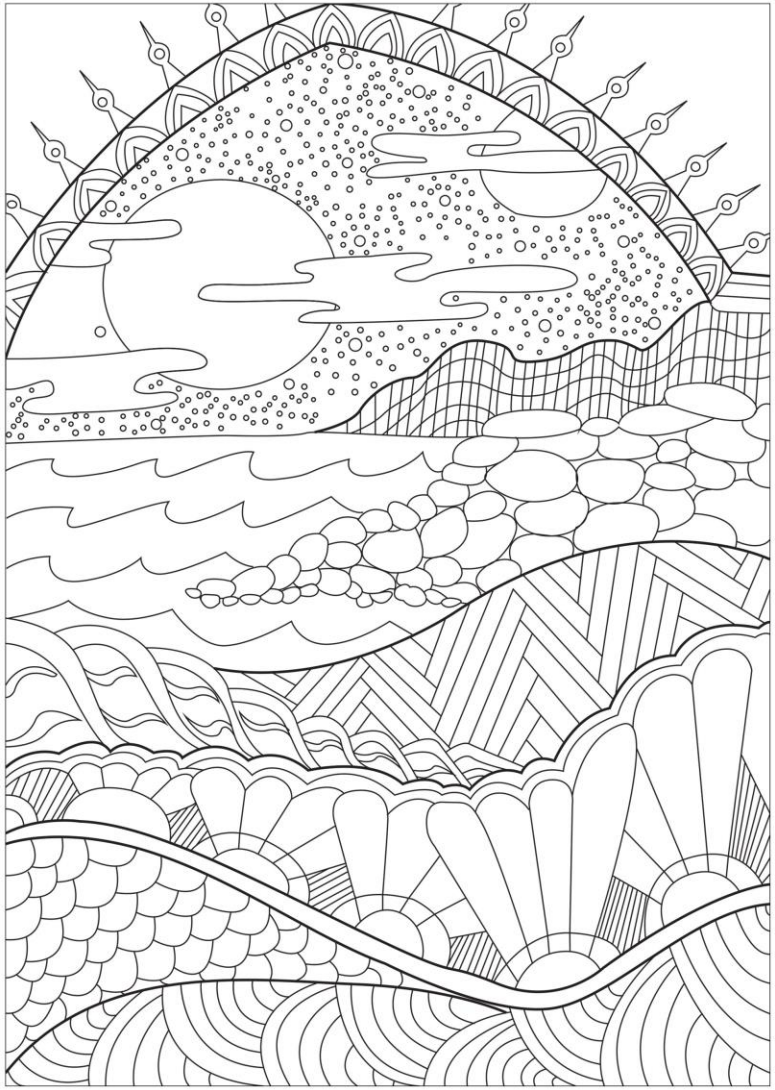


If I was a bird I would fly to.....

Relax & Enjoy

My imaginary tree house:

the Tree House



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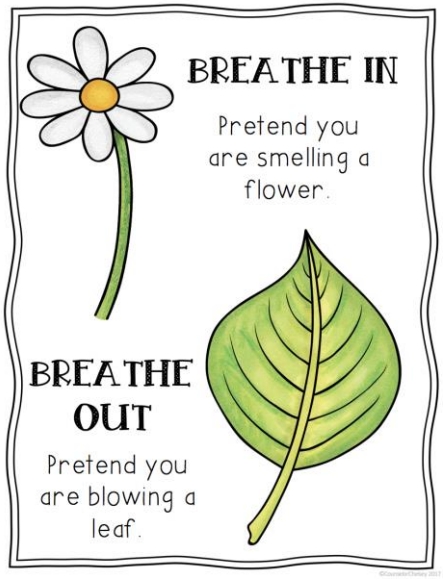
I'm proud to be me because:

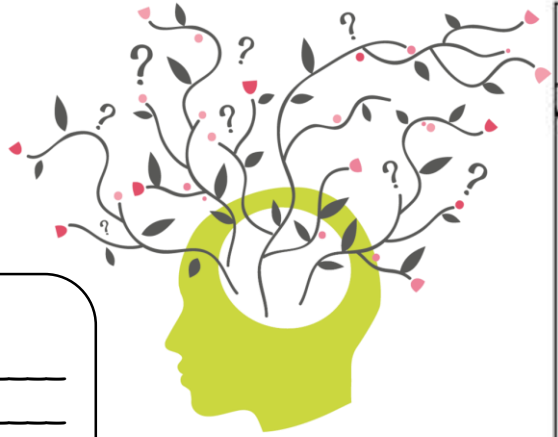


Relax & Enjoy

5 things I can do to help out at home:

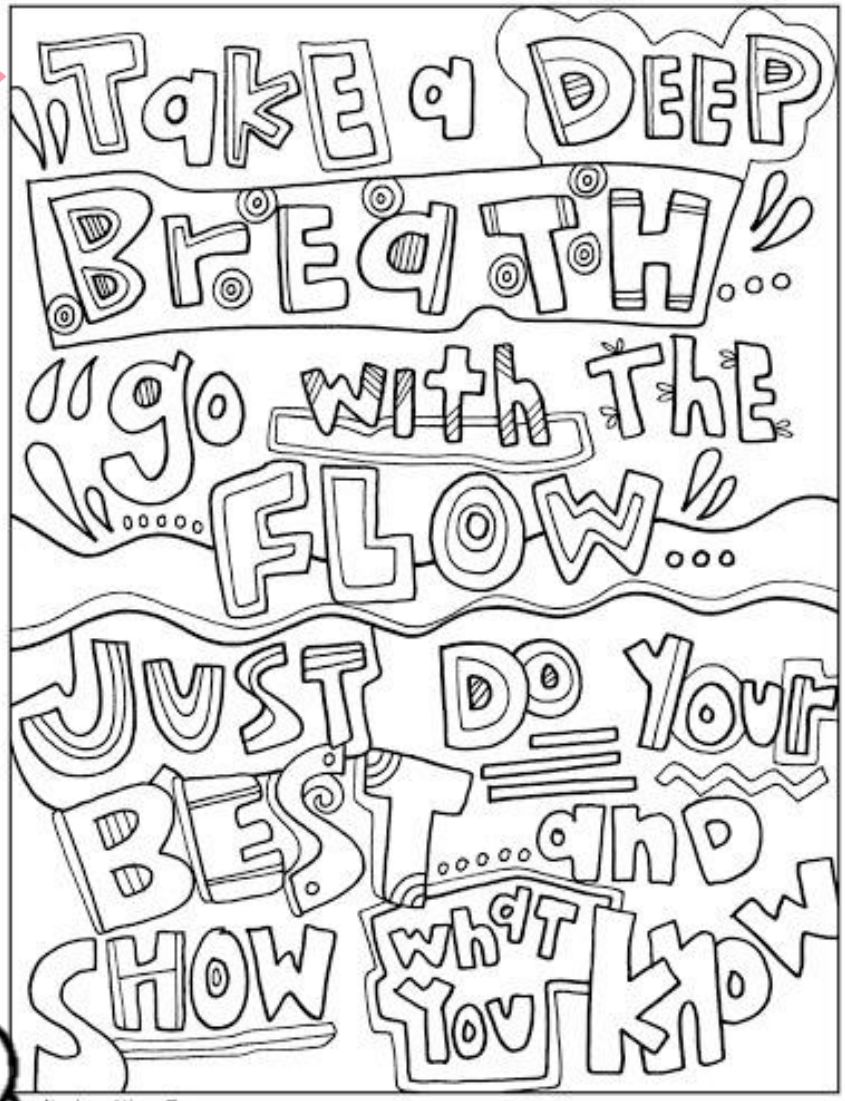
- _____
- _____
- _____
- _____
- _____

Mindful MINUTES



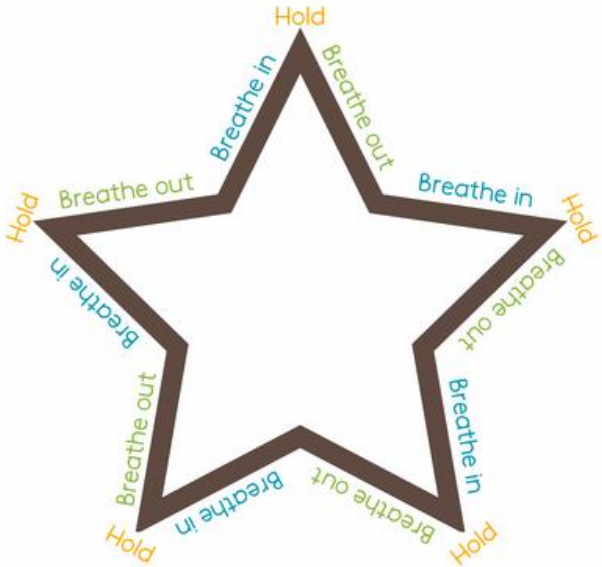
5 things that make me smile:

- _____
- _____
- _____
- _____
- _____



Star Breathing

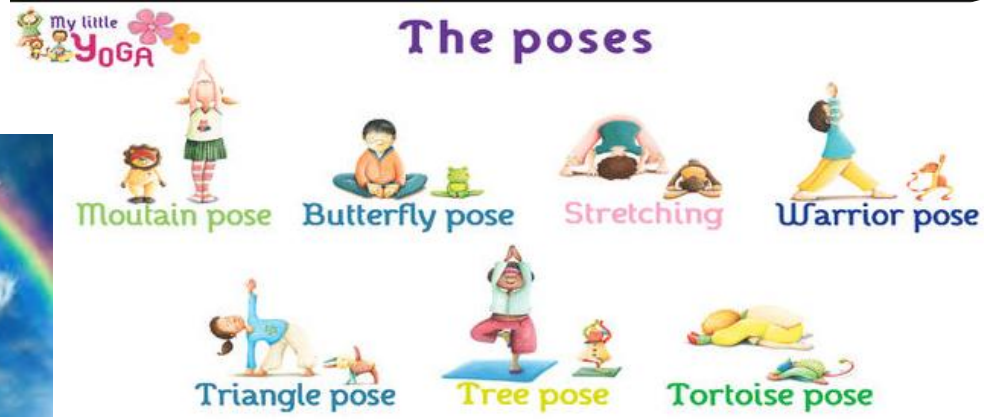
Start at any "Breathe in" side,
hold your breath at the point, then breathe out.
Keep going until you've gone around the whole star.

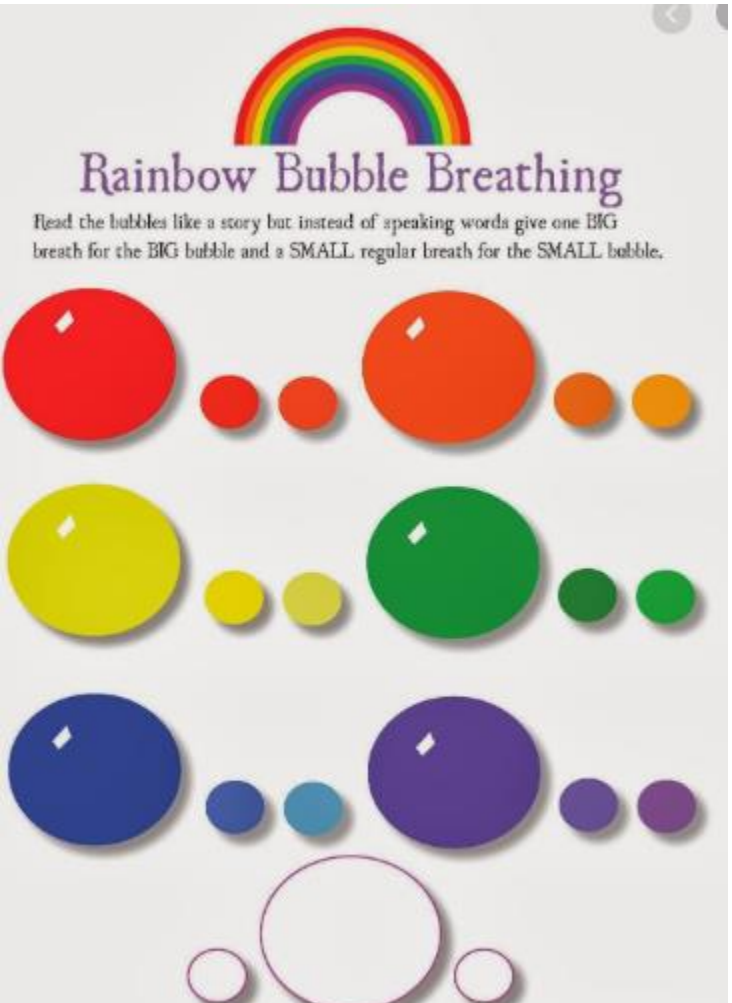


My Worry Bubble

Relax & Enjoy

Mindful MINUTES





Things that help me feel calm:

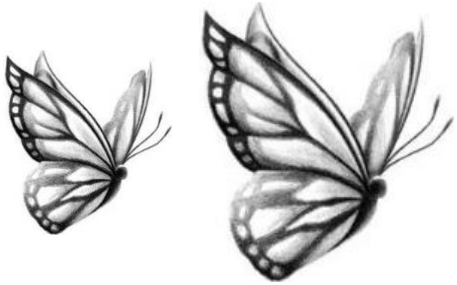
Places where I feel calm & safe:

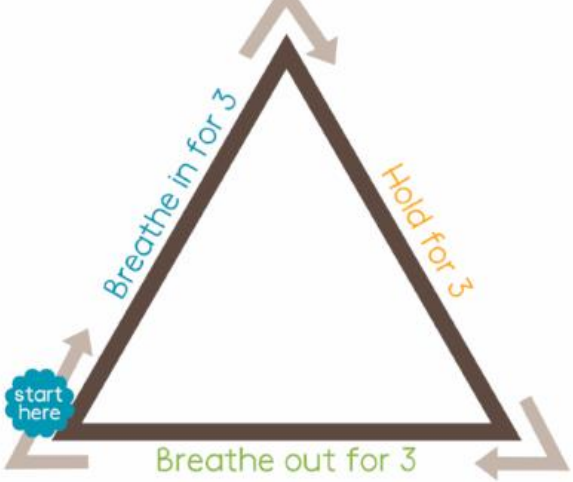
I am:

Positive thoughts:

People who help me:

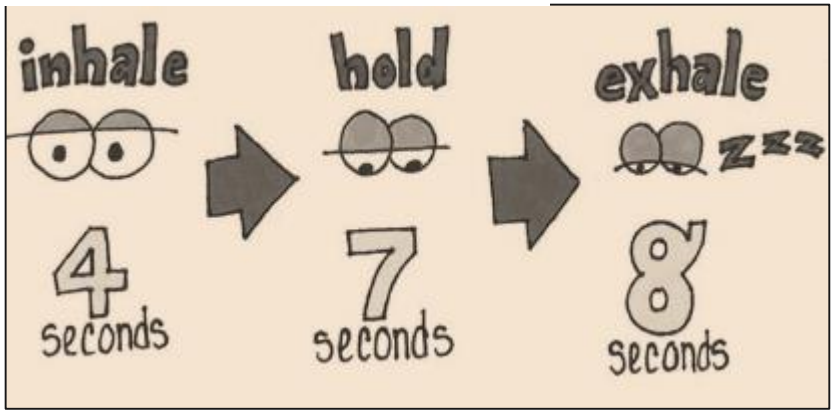
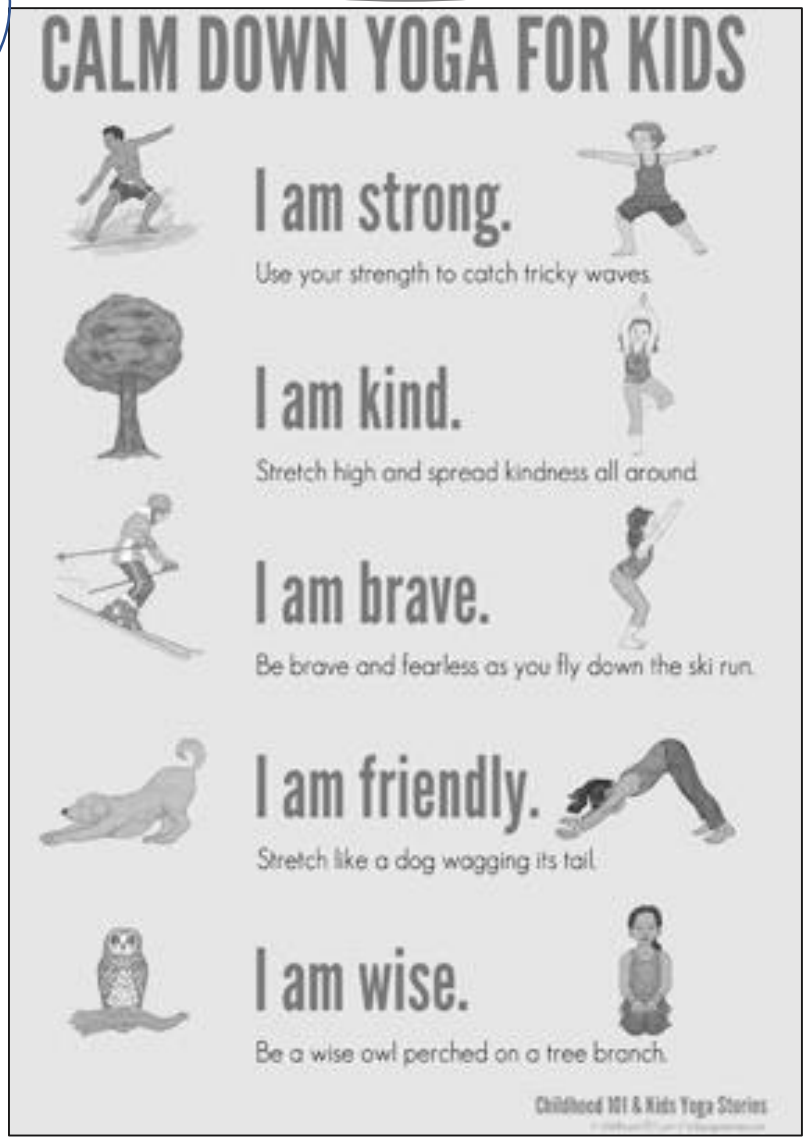
Mindful MINUTES





Draw your favourite place to be….

Mindful MINUTES

My Worry Bubble

I love to . . .