

Mindful

My name is _____

Ask Mum, Dad or a Carer to help you with this chart
& at the end of the week you can give yourself a GREAT BIG TICK!



There's lots of ways you can have a MINDFUL MINUTE each day!

Psst, it's good for Mum & Dad too so why don't you all try it together!

- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY
- SATURDAY
- SUNDAY

Some suggestions... ♥

Take deep breaths for a minute – in through the nose, out through the mouth.

If worry sets in – stop – be present - what can I see, hear, touch and smell?

Sit or lie down for a minute and listen to all the sounds around you. What can you hear?

Congratulations!

You have finished your Mindful activities! High Five!



Ask Mum or Dad to download your special Mindful certificate from
www.littlerockersradio.com.au/hippo-blue-uniquely-you/

