

10 MINUTES TO RECOGNISE THE GOOD STUFF



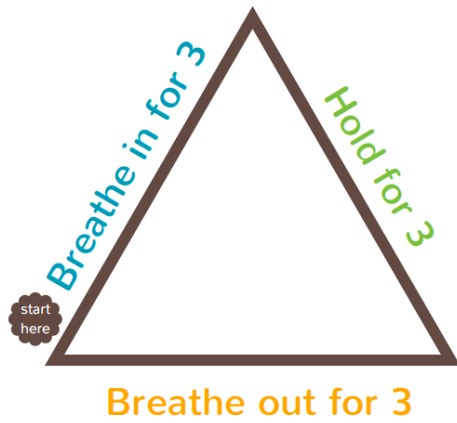
Things, people and places you like:

One thing that's going well for you right now:

One thing you've worked hard to achieve:

Two people you can count on for kind words or a warm hug:

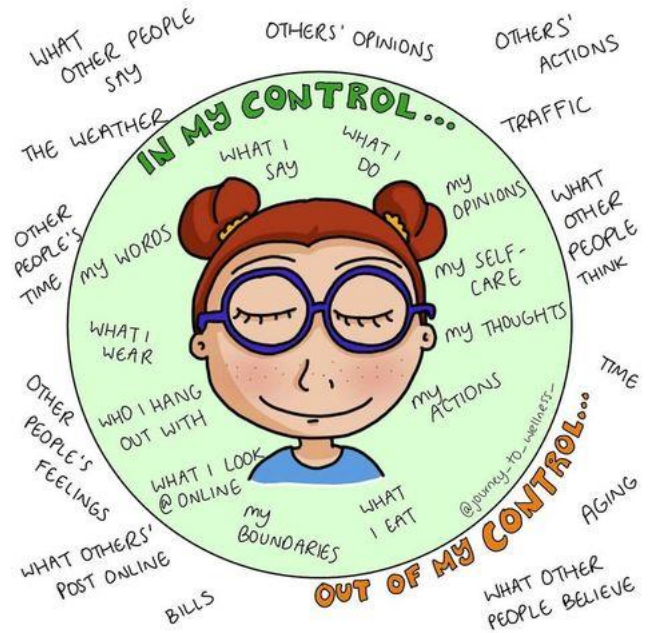
Three things you're looking forward to:



Take 5 Breathing

Hold out your hand like a star
 Pretend your pointer finger (other hand) is a special pencil
 Trace up and down your fingers
 Breathe in as you go up
 Breathe out as you go down
 Go slowly and notice how it feels

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be mindful®

- Breathe In. Breath Out – Feel the flow of breath.
- Be aware of every daily activity (texting, working)
- Pay attention to all your senses – notice taste, texture of food.
- Go outdoors – Walk around in nature.
- As soon as the mind wanders, bring it back to your breath.
- Forgive yourself for every negative thought.
- Empty the Mind – Take a few moments to be still.
- Be grateful – say thank you to nature, people and things.
- Practice non-judgemental listening.
- Go easy on yourself with time, you will see the progress.

