



MINDFULNESS & WELLBEING



RELAX
RELAX
RELAX

Breathe

CLOUD GAZING



Walk BAREFOOT

Spend time with nature



Open Min



MINDFULNESS

POSITIVE
THINKING

Plant



COOK



Chat with friends
< Listen >

Take a bath

Take the dog for a walk

FORGIVE
FORGIVE
FORGIVE



Time for a little something extra?

?? Minutes

**Who have you said
thank you to this
week?**

**How can you make
this world a better
place?**

**How do you relax?
What helps you to
relax?**



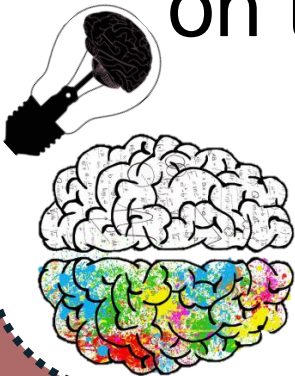
MINDFULNESS PROMPT



Health and Wellbeing – Reflection Activity

Can you close your eyes and follow each breath in and out of your body?

Am I focussing completely on the task that I am doing?



Mindfulness