

Be Mindful for Positive Mental Health



Hi there, I'm Paws. Being mindful means taking time to stop and notice how we are feeling, what we are thinking, what we are doing and where we are. Did you know that being mindful can help us to feel calm, settled and happy? This helps to keep our minds healthy.

Which of these feelings have you felt over the last few days?



Happy



Sad



Excited



Angry



Confused



Tired



Worried



Stressed



Relaxed

However we are feeling, being mindful and doing mindfulness activities can help us. It is especially useful when we are feeling worried, sad, stressed or angry.

What do you like to do that helps you to feel calm?





Next time you feel worried, sad, stressed or angry, choose an activity which helps you to feel calm. When you are doing your chosen activity, think about really noticing what you are doing, where you are and how you feel. Remember it is important to talk to a trusted adult about how you are feeling too.

**How are you feeling right now?
Take some time to stop and think.**



Happy



Sad



Excited



Angry



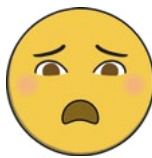
Confused



Tired



Worried



Stressed



Relaxed

However you are feeling right now, being mindful can help to keep your mind healthy. Try the mindfulness activity below.

Find a quiet place to sit. Using some building bricks, design and make a magnificent creation of your choice. While you are building your model, think about how the bricks feel in your hands and look at the colours and shapes you are creating. When you have finished, pay attention to all the things you like about your design - how does this make you feel?

Tick the box when you have finished the activity.

How do you feel after being mindful? Take some time to stop and think.



Happy



Sad



Excited



Angry



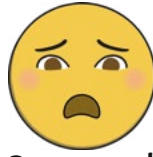
Confused



Tired



Worried

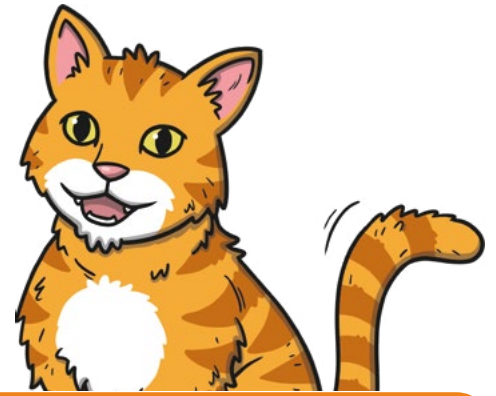


Stressed



Relaxed

I hope you are feeling calm, relaxed and happy and have enjoyed taking a moment to stop, pause and be mindful. Try the mindfulness activity below during the next week to help you keep your mind healthy.



Find a comfortable place to sit. This could be outside or next to an open window. Breathe in for a count of three and out for a count of five. Do this three times and then, with the next breath you take in, close your eyes if you feel comfortable doing so. As you continue to breathe gently, focus on the sounds you can hear. Really pay attention to the noises you can hear all around you, describe them in your mind or out loud. Carry on doing this until you feel calm, settled and relaxed.



Well done for taking a mindful moment in your busy day! You could also try some of these mindfulness activities too - [Mindfulness Balloons](#), [Mindfulness Mazes](#) and [Mindfulness Playdough Picture Mats](#).