

Mindfulness

Throughout the week, choose from one of these six tasks to complete each day. You may want to roll a dice to see which one to do for each day :)

Paying it forward

Choose someone in your household, and do something special for them. This could be giving them a compliment, making a coffee or breakfast etc.

Tuning into your moods

If at any point you are feeling a certain mood like overwhelmed, acknowledge this and see how you can change this positively.

Mindful Reading

Sit somewhere relaxing, quiet and put on some calm music and read a favourite book of yours.

Mindful Breathing

Sit yourself in a comfortable position. Breathe deeply and slowly for 5 minutes. Count to 3 on the inhale and 3 on the exhale. Put your hands on your stomach to feel the air as it moves in and out.

Mindful listening

At anytime of the day listen to some mindfulness music.
<https://www.youtube.com/watch?v=FkZ8tuchCfo>

Mindfulness Safari

Go outside for an adventure, you can even do this in your backyard. Walk mindfully, paying attention to everything you notice.