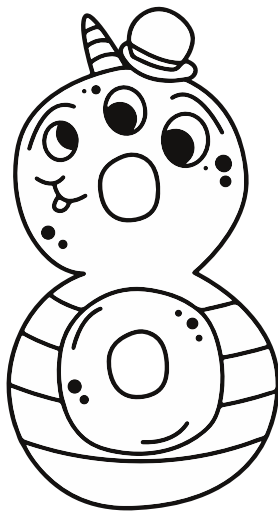
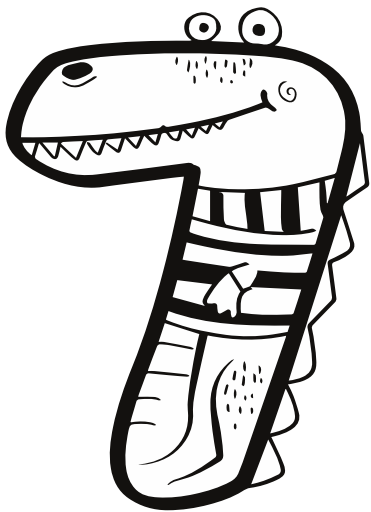
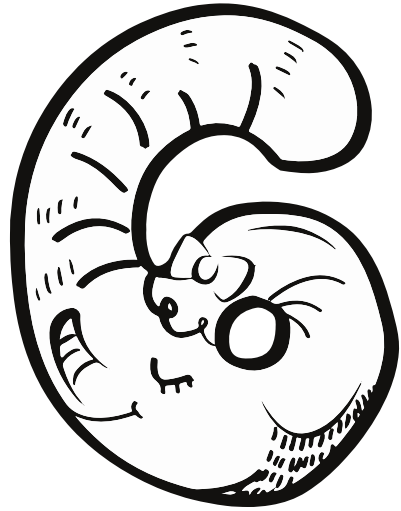
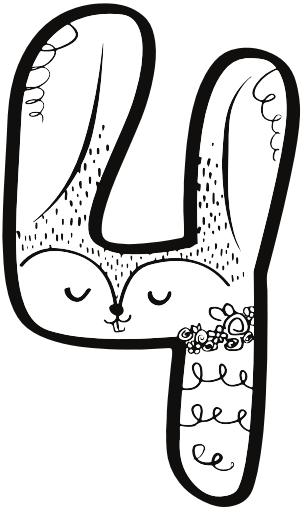
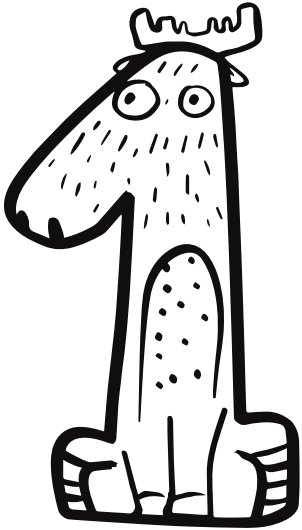


My Mindful Book

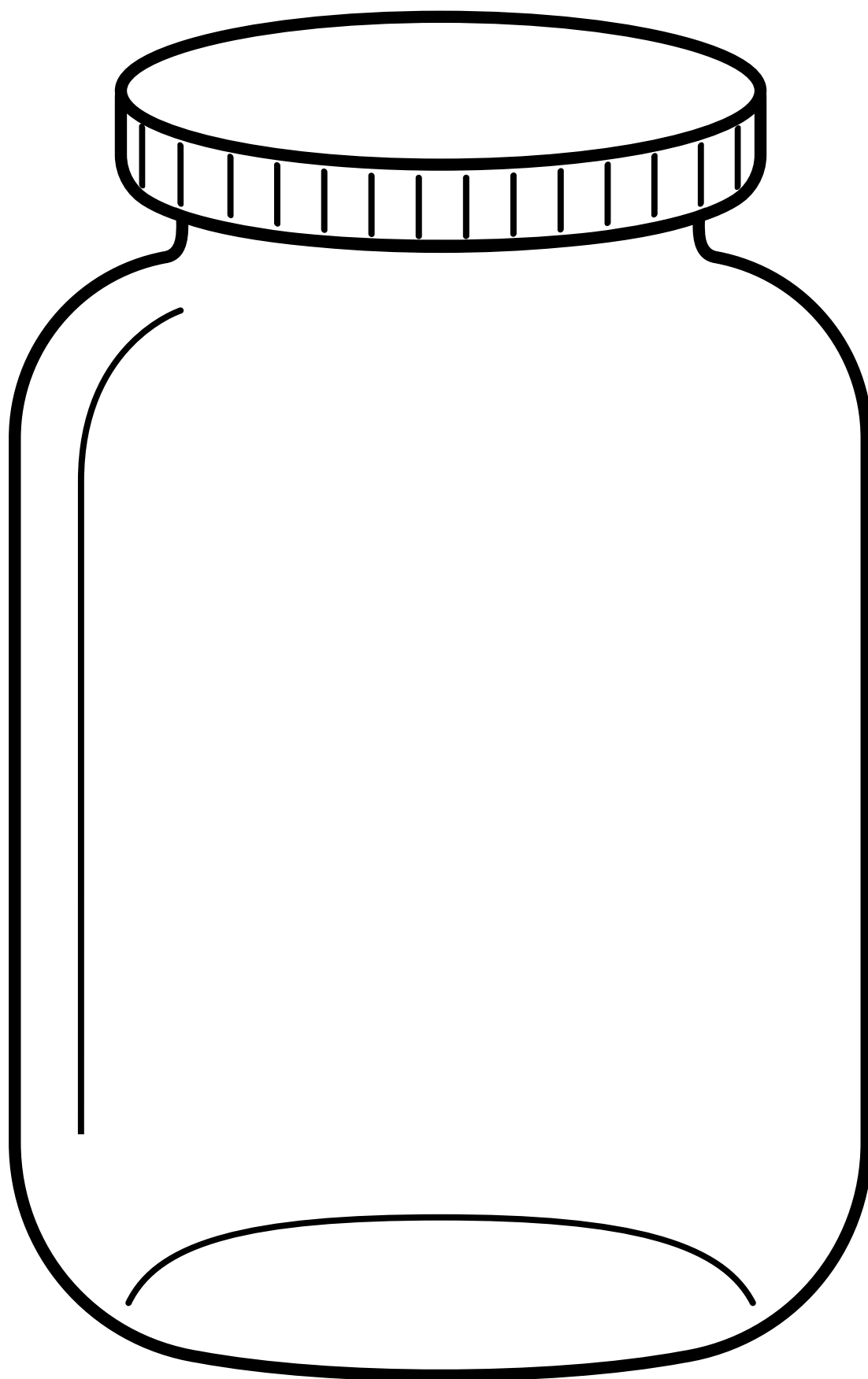
QUIET ACTIVITIES TO HELP CALM AND GROUND ME



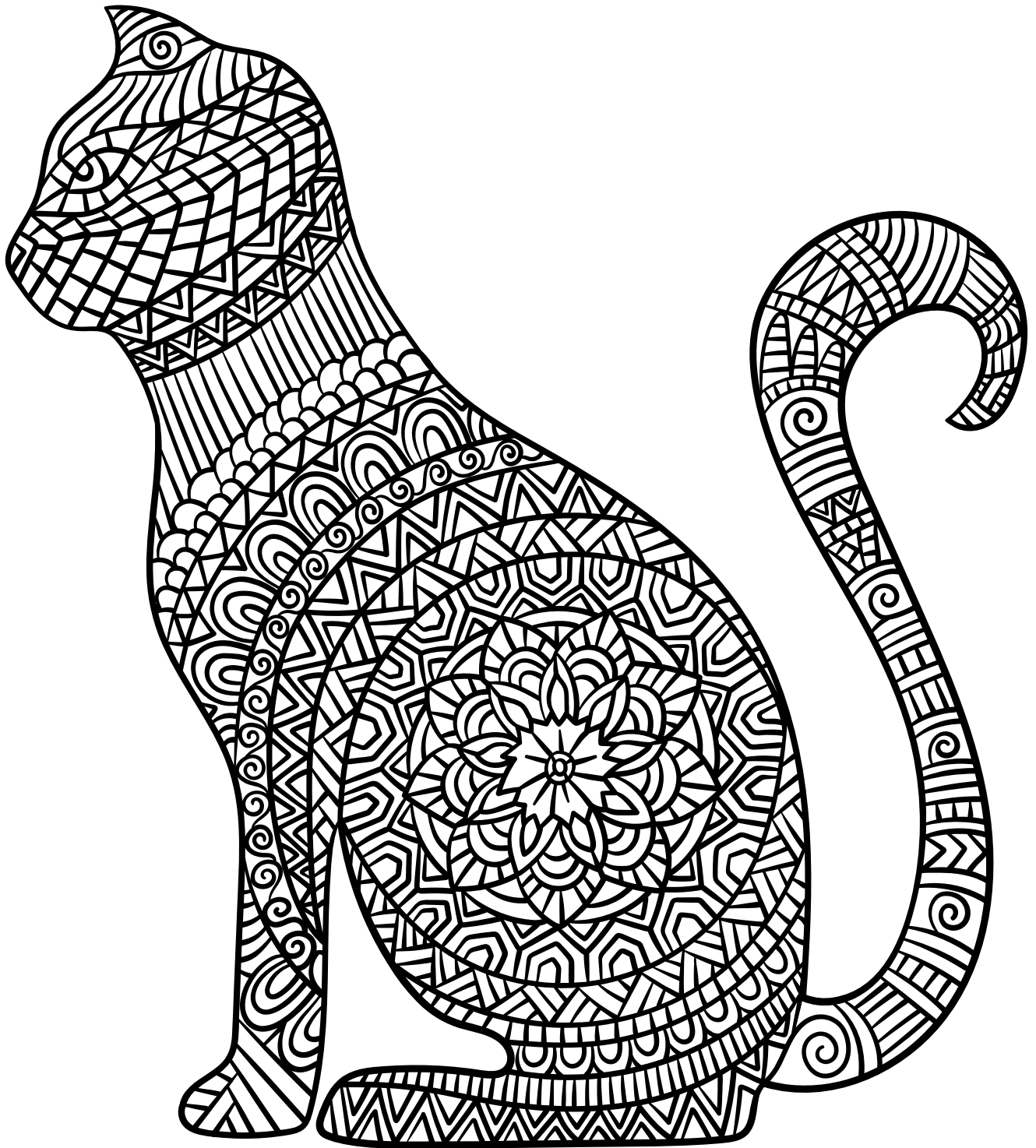
This book belongs to:



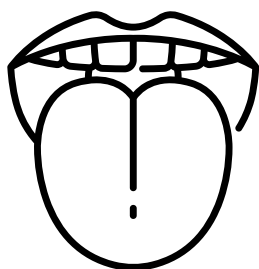
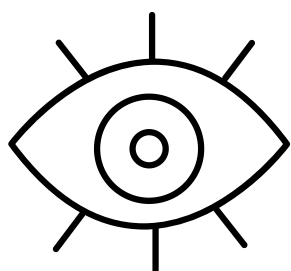
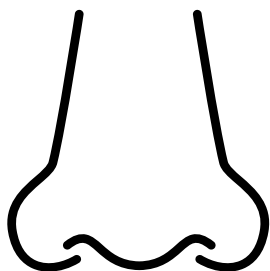
COLOURING IN



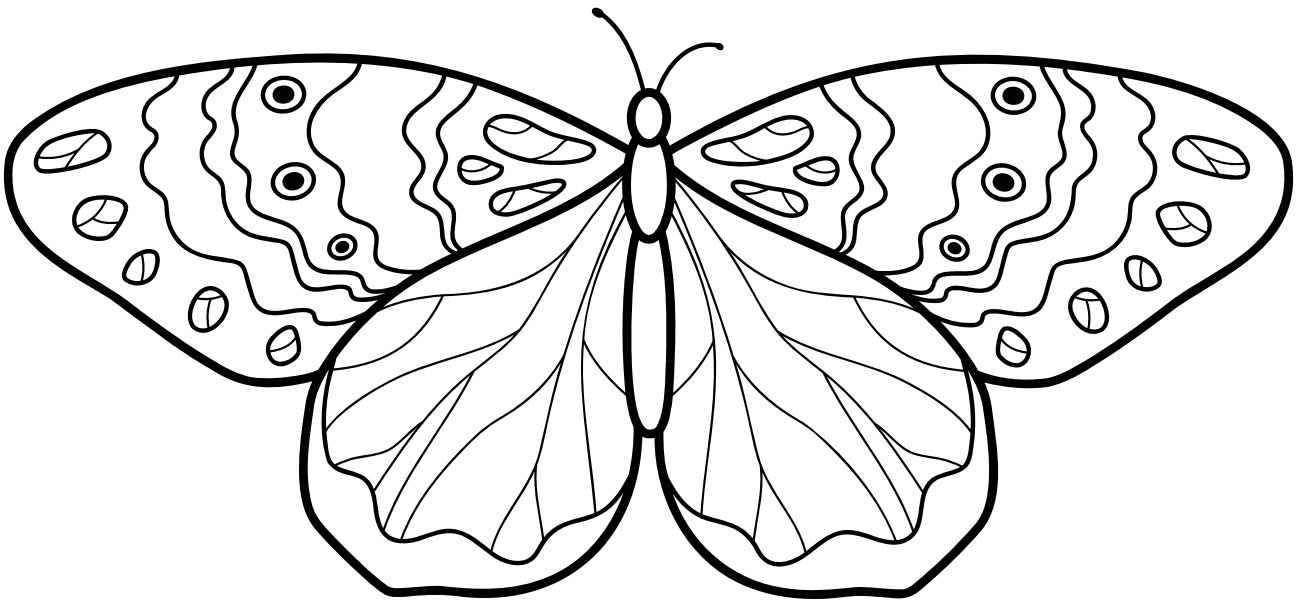
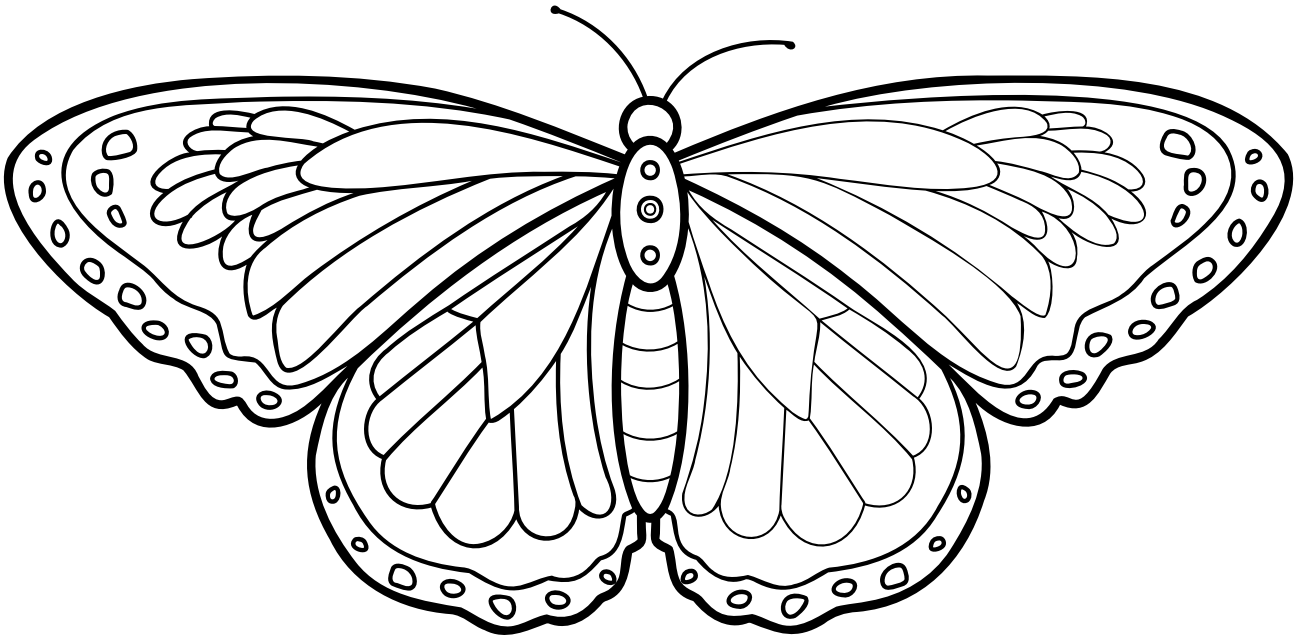
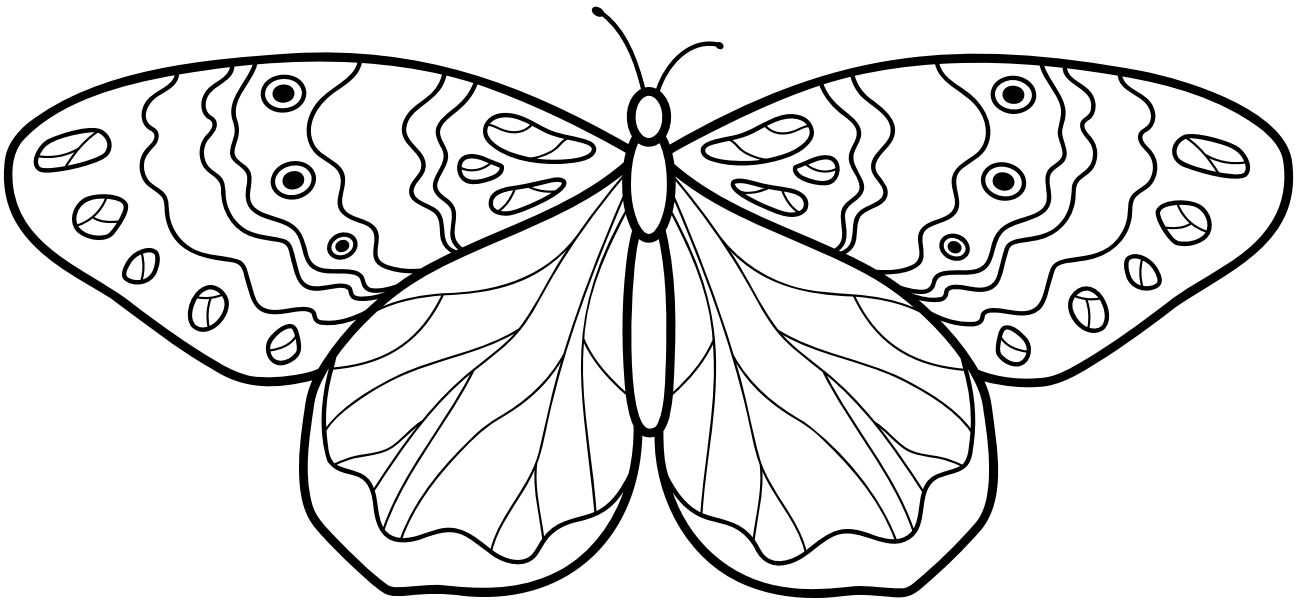
REFLECT ON YOUR DAY SO FAR. WRITE DOWN ALL THE THINGS YOU ARE GRATEFUL FOR.



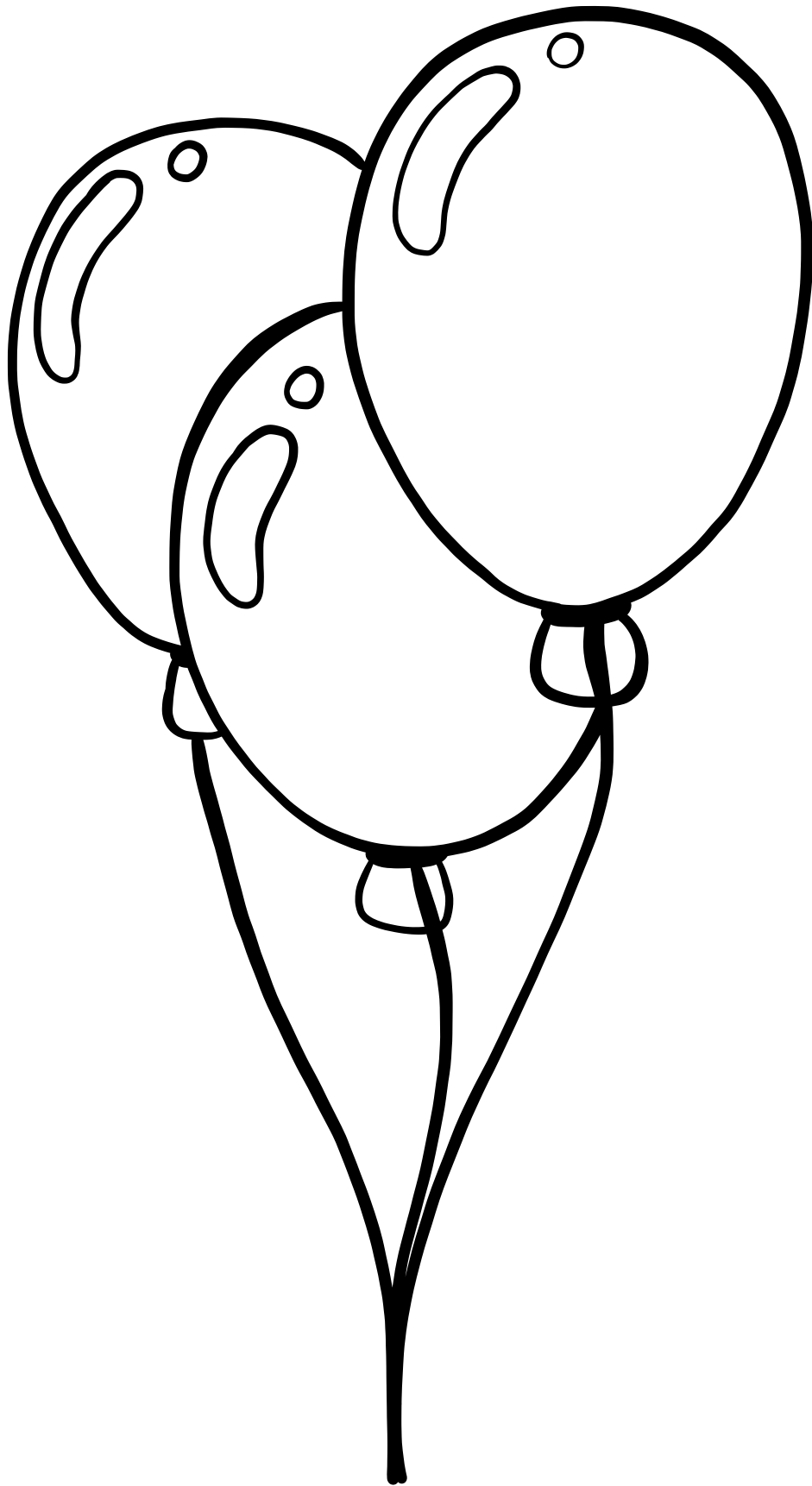
COLOURING IN



STOP, AND NOTICE: WRITE AN EXAMPLE FOR EACH OF THE SENSES THAT YOU ARE CURRENTLY EXPERIENCING.



COLOURING IN



LET IT GO: DRAW OR WRITE 3 THINGS YOU DON'T
WANT IN YOUR LIFE ANYMORE



COLOURING IN



WRITE OR DRAW THE THOUGHTS THAT HAVE BEEN
PRESENT IN YOUR MIND TODAY.

DRAW AND DESCRIBE YOUR HAPPY PLACE