Mindfulness
Yes I Can!

Taking a moment to be calm and relaxed during a busy day can help us to feel settled and happy.

Taking slow and gentle breaths, in and out, can help us to feel better if we are worried, frightened or sad.

This relaxation is one way that we can help to keep our minds healthy. Another way we can look after our mental health is to take time to think positively about ourselves.

Find a comfortable sitting position. Breathe in and out, gently, slowly and smoothly. Let your body relax. As you sit quietly, think about all of the wonderful things you can do. What can you do that you are proud of? Have you got any special talents?

Now, in the box, draw or write down some of these things that you can do.

Well done for taking a mindful moment in your busy day! How do you feel?