

How am I feeling in this moment?

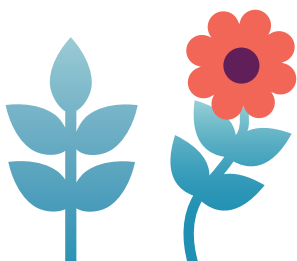


When we are fully aware, we are less caught up in our thoughts and more connected to where we are and what we are doing. Draw yourself during a recent time when your whole body felt alive and in the present moment. Draw what you were doing and write about how you felt.

I can see clearly now, the rain has gone.

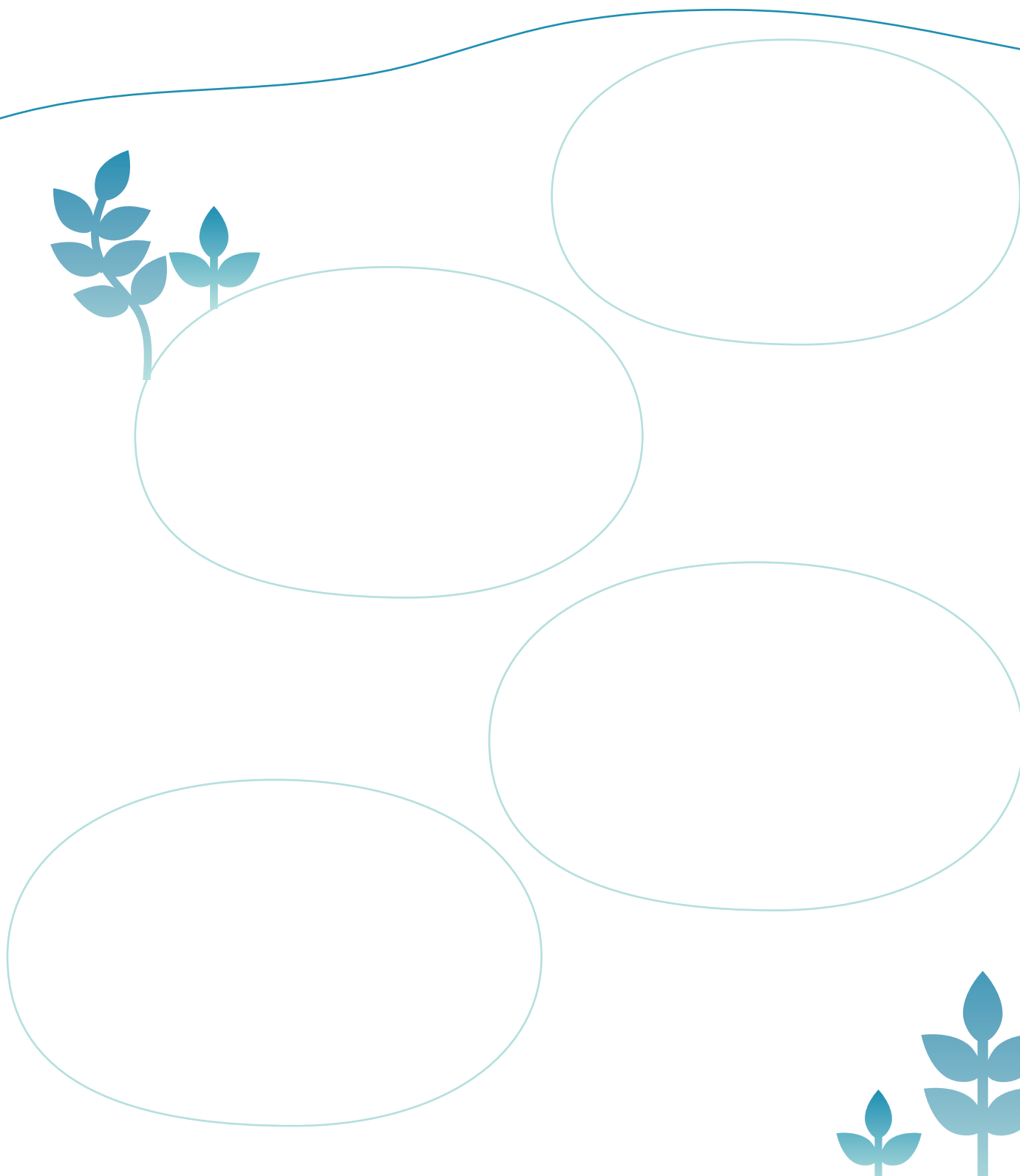


When our minds are full of difficult emotions and worries it can feel cloudy, even stormy. It can be very hard to be aware of the present moment. Create a landscape and place yourself within it, feeling focused and aware. Write words and phrases around the landscape describing how it feels to be fully in the moment.



Coming back to the present moment.

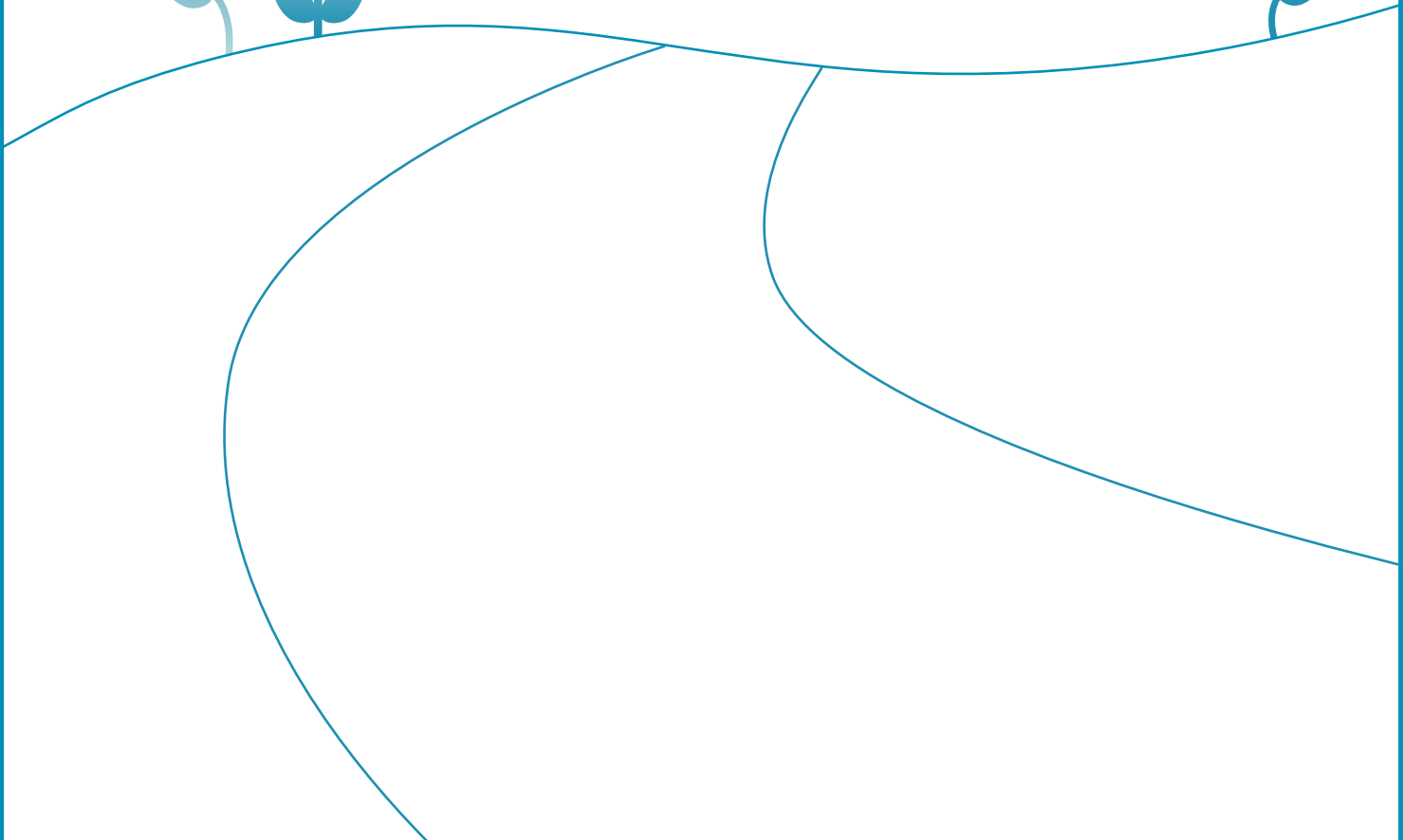
Remember a time you got distracted and forgot where you were and what you were doing. This can happen easily to us all. Write and draw what you do to come back to the present moment, when your mind wanders away.

A hand-drawn illustration in a light teal color. It features a wavy line representing a horizon or hills. There are four large, empty ovals scattered across the page, intended for writing and drawing. On the left side, there is a small plant with several leaves. In the bottom right corner, there is another small plant with three leaves.

The Present Moment.



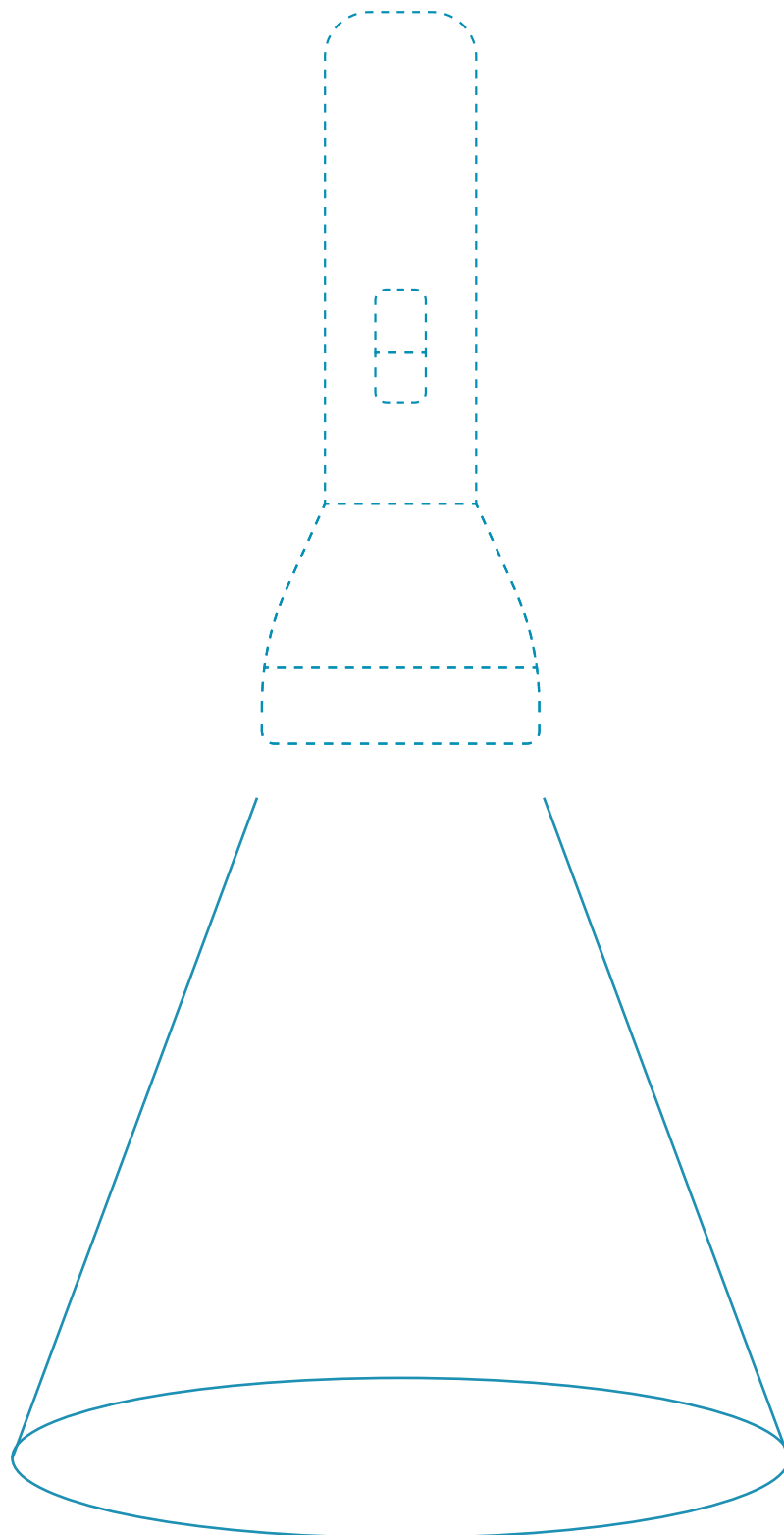
When our mind wanders, we can find ourselves a long way from the present moment. Draw yourself on a wandering walk and reflect on what signs in your mind and body help you to pay attention and return to the here and now.



Shining a Torch.

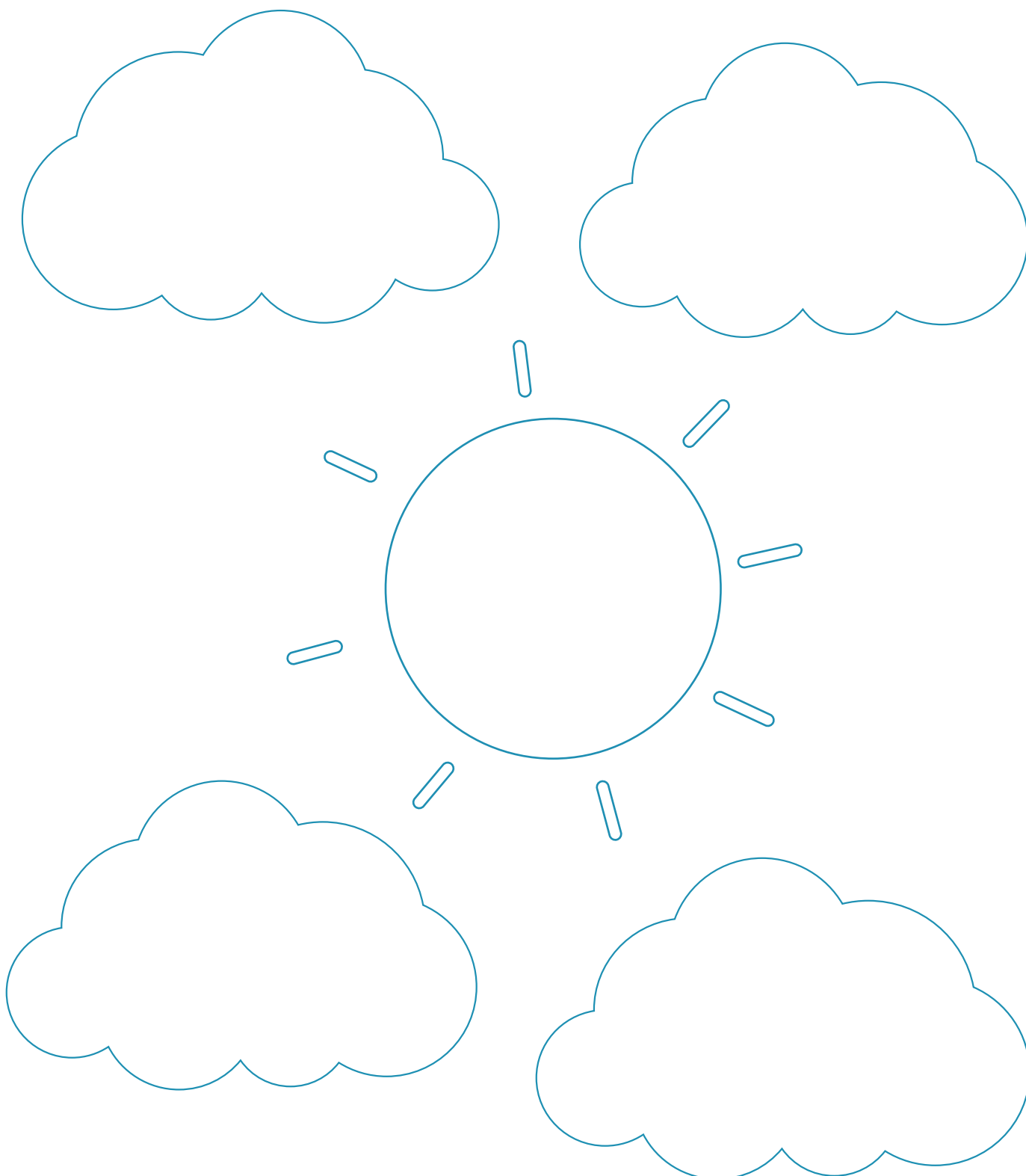


When we shine a torch, we can see something clearly. Draw a magical torch and shine it on the present moment. Draw yourself in the torch beam and write some words in the beam of light to describe how it feels to be in the present moment, fully attending to what you are doing.



Many Emotions.

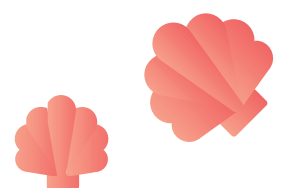
Emotions turn up in our minds and our bodies every day. Some are like warm, sunny weather; others can feel more like cold, stormy weather. We can notice and name them. Draw four emotions you have felt today. Can you name them and write about them?



Seeing and Sensing.



Going to the beach switches on our senses. They come alive as the waves roll in. Imagine you are at the beach. What can you see, hear, smell, touch and taste? Write and draw about all that you sense at the beach.



Musical Sensing Journey.



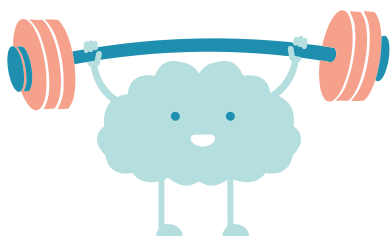
Draw yourself in this photo frame doing something that switches on your five senses. What can you see, hear, smell, touch and taste?



Moving Mindfully.



Think of a time when you were using your whole body and feeling fantastic. Perhaps you were swimming or running or participating in a sports match. Draw yourself feeling great, moving mindfully and in the zone. Write some of the feelings you felt at the time.



Mind-body Connect.



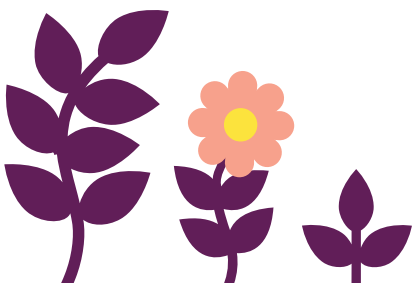
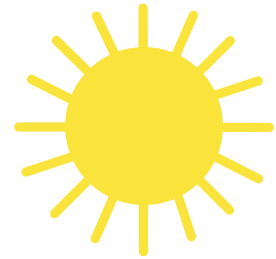
Sometimes we get so busy inside our heads, we forget that our bodies are attached. Have you ever felt this way? Draw yourself at a time when your head and body are working in partnership. What are you doing and how are you feeling? Think of some emotion words to add to your drawing.



My Magical Climbing Tree



Have you ever climbed a tree? Trees can feel so strong and stable as they hold us. Imagine an old and majestic tree filled with beautiful leaves and colourful birds. Draw your beautiful tree, fill it with colour and joy. Write about what you wish for as you sit up in your tree, calmly feeling its strength and stability.



Float Away.



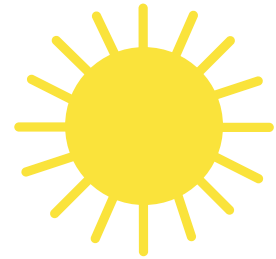
Imagine sitting beside a beautiful creek. The sun is shining, the birds are singing and the cool fresh water is flowing past you gently and calmly. Pop any worries you may have on leaves that are floating past and just let them go. Draw and write what you are imagining right now. If you'd like to, draw the leaves and write the worry words on them that you are letting go.



Inside and Out



Have you ever been out playing on a beautiful day and the weather suddenly changes making you rush inside for shelter? The weather can change outside and we can too on the inside when things are challenging and difficult. Draw yourself and use weather symbols such as sun, rain, rainbows and clouds to show the many feelings you have.



My Internal Weather Report



When we are finding things difficult, we can feel stormy on the inside. When things are going well, we can feel full of sunshine. Our internal weather report gives us important information. Write about a time when your internal weather helped you to understand your thoughts and emotions a little more clearly. Draw some of the weather you felt on the inside.



My Up and Down Learning Moments



Sometimes, when things don't go our way, we can find important messages in the experience and ideas for what we might do next time. Think of a recent time when you experienced a challenge. What was the learning for you? Write about it, reflecting on your emotions at the time. Illustrate with colours, patterns and shapes that describe the emotions.

A large, empty rectangular box with a thin blue border, intended for the user to write and draw their first learning moment.A large, empty rectangular box with a thin blue border, intended for the user to write and draw their second learning moment.A large, empty rectangular box with a thin blue border, intended for the user to write and draw their third learning moment.A large, empty rectangular box with a thin blue border, intended for the user to write and draw their fourth learning moment.

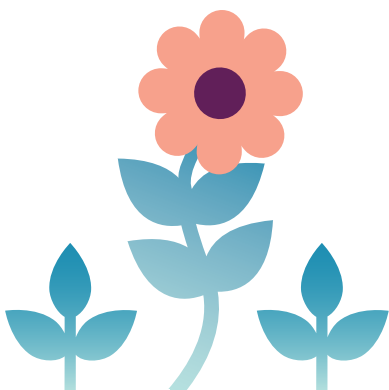
My Up and Down Learning Moments

A large, empty rectangular box with a thin blue border, intended for the user to write and draw their fifth learning moment.A large, empty rectangular box with a thin blue border, intended for the user to write and draw their sixth learning moment.A large, empty rectangular box with a thin blue border, intended for the user to write and draw their seventh learning moment.A large, empty rectangular box with a thin blue border, intended for the user to write and draw their eighth learning moment.

A Not So Great Day



Sometimes, we have one of those days where everything seems to fall apart. Getting through these days, understanding that everyone has them from time to time can help. Make a list of things you like to do to make yourself feel better after a not so great day. Who helps you on the way to feeling better?

A large, vertical scroll with an orange outline. The top and bottom edges are rolled up. Inside the scroll, there are ten horizontal lines for writing, spaced evenly down the page.

Savouring and Gratitude ABC.



—
List something you are grateful for OR love to savour for every letter of the alphabet. If you get stuck, just get a dictionary out to give you some ideas.

Creating A Chain Of Gratitude.



Gratitude is a social emotion that builds relationships. With your family, begin a chain of gratitude. Using these coloured strips, invite your family to write and draw some things you feel grateful for and then make a chain of gratitude. You will need a glue stick to join each loop. You can add to your chain each week. Add colour and hang it up where all can enjoy it.



A large rectangular box with a dashed red border, intended for writing and drawing.

A large rectangular box with a dashed red border, intended for writing and drawing.

A large rectangular box with a dashed yellow border, intended for writing and drawing.

A large rectangular box with a dashed blue border, intended for writing and drawing.

A large rectangular box with a dashed purple border, intended for writing and drawing.

A large rectangular box with a dashed green border, intended for writing and drawing.

Flip Side Optimism.



Can you think of a recent time with things did not go your way? What happened and how did you cope? Sometimes, we can flip our thinking like a pancake, to the positive and find solutions. Write and draw about a time when you were able to do this. Add thoughts and emotions to your drawing.



Looking For The Lesson.



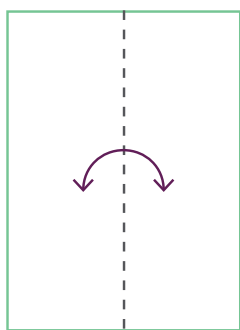
Optimistic thinkers find lessons in difficult times and do things differently next time. Can you think of a recent time when you got stuck in a negative place in your mind. Maybe you had a fight with a friend. Maybe you did not do as you were asked by a parent or teacher. What lessons can we learn for next time when this happens? Write and draw about your example.



Origami Mindfulness.

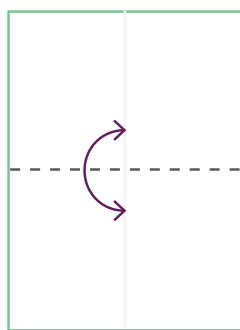


Have you ever tried making origami? Origami is a wonderful growth mindset activity. You will need an A4 piece of paper to make this little boat shaped origami and may need an adult's help. Then do the Rock The Boat meditation together. Make more little boats together and see if they can float in water. Keep trying if they don't, you'll get there!



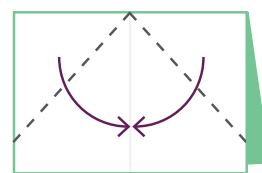
1.

Fold in half



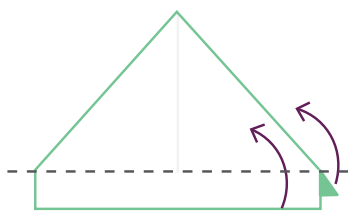
2.

Fold in half again



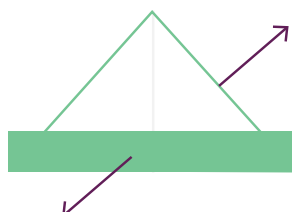
3.

Fold in corners



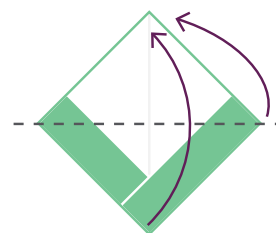
4.

Fold up edges on both sides



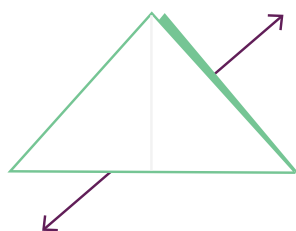
5.

Pull the sides out and flatten



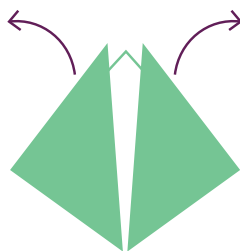
6.

Fold front and back layers up



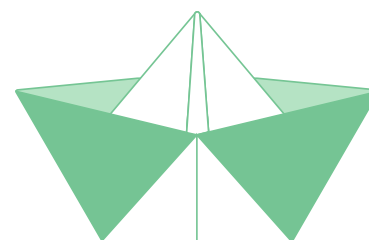
4.

Pull sides apart and flatten



5.

Pull top flaps outwards

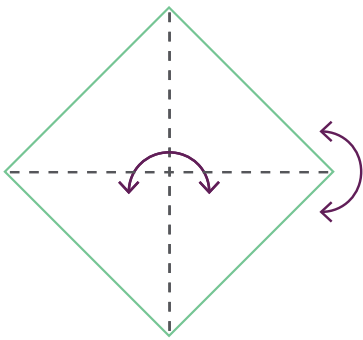


6.

Squish the bottom and pull the sides up. Tada!

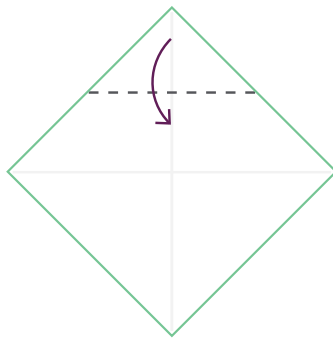
Open Mind, Open Heart.

Think of recent times when you have done your very best and felt proud of your efforts. Using a square piece of paper, make an origami heart for each time. Reflect on how it feels to try hard and keep going even when things are tough. Write some encouragement words you say to yourself on each heart, make an origami heart for this person.



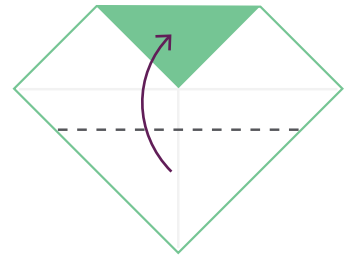
1.

Fold in half in both directions



2.

Fold the top corner down



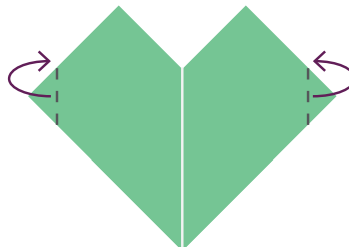
3.

Fold the bottom corner up



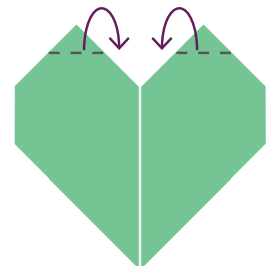
4.

Fold each edge inwards



5.

Fold the corners on the side



6.

Fold the corners on the top

