

# Awareness of each and every moment.



Being aware is a wonderful way to notice thoughts and emotions that may be clouding our way forward. Draw a pathway and write how it feels to be in the moment, aware and focused on where you are and what you're doing. Pack lightly as you head into each moment of each day.

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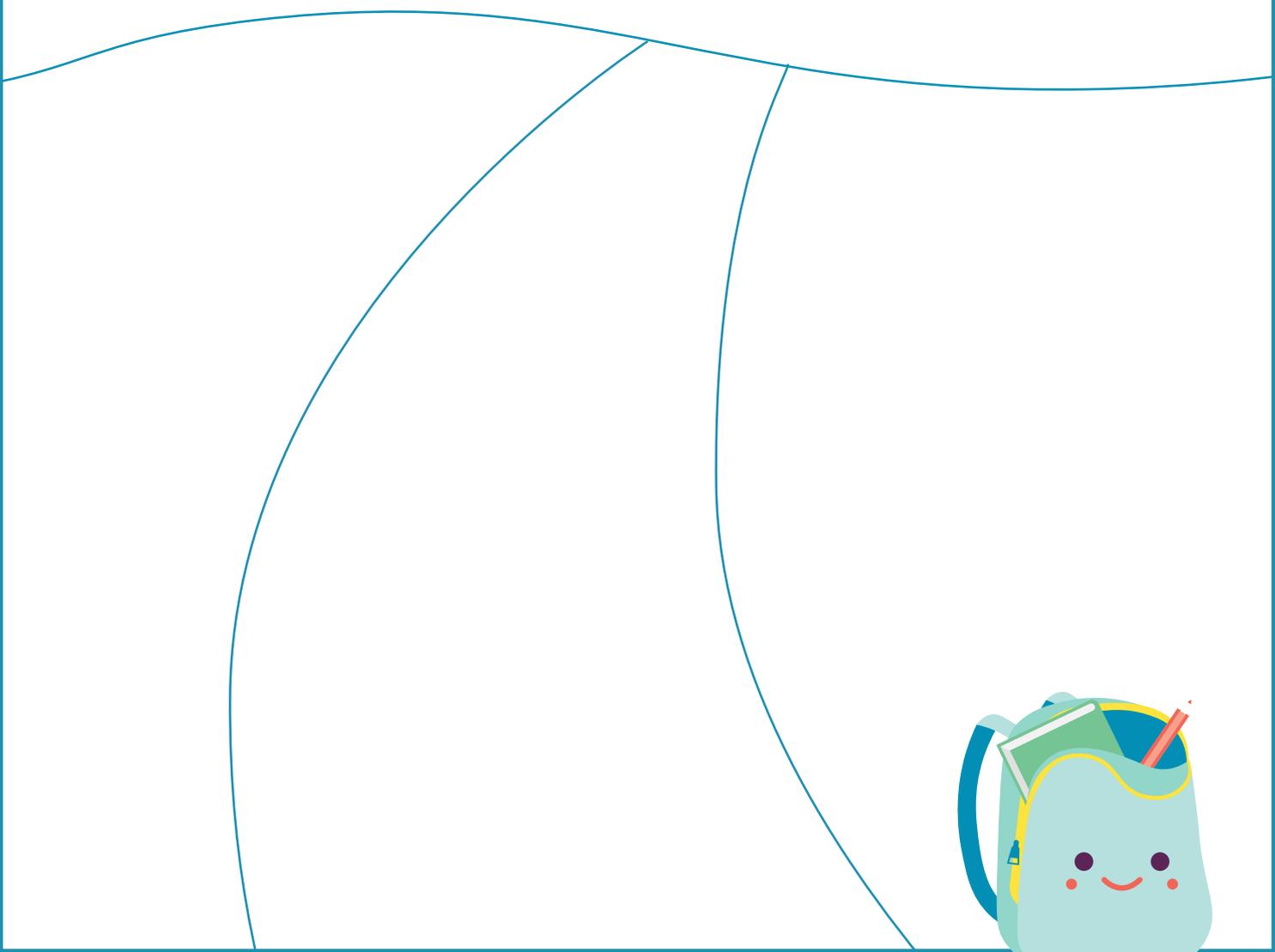
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# Awareness as a gateway to mindfulness.



Imagine being able to design and create your own gateway to mindfulness. As you walk through your gateway, you are aware of your mind and body, and connected to where you are and what you are doing. As you draw yourself stepping forward, write about what it means to you to be more aware as you move mindfully through each day.

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# In the Moment.

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We know that what we focus on becomes the centre of our attention. Have you ever felt so in the moment that you got completely absorbed in the task? It feels pretty good. Write and draw about a recent time when you were truly in the moment. What were you doing and how did you feel? What did you learn about yourself in this moment?

**A recent time when you were truly in the moment?**

**What were you doing and how did you feel?**

**What did you learn about yourself in this moment?**

# Returning to the Present Moment.



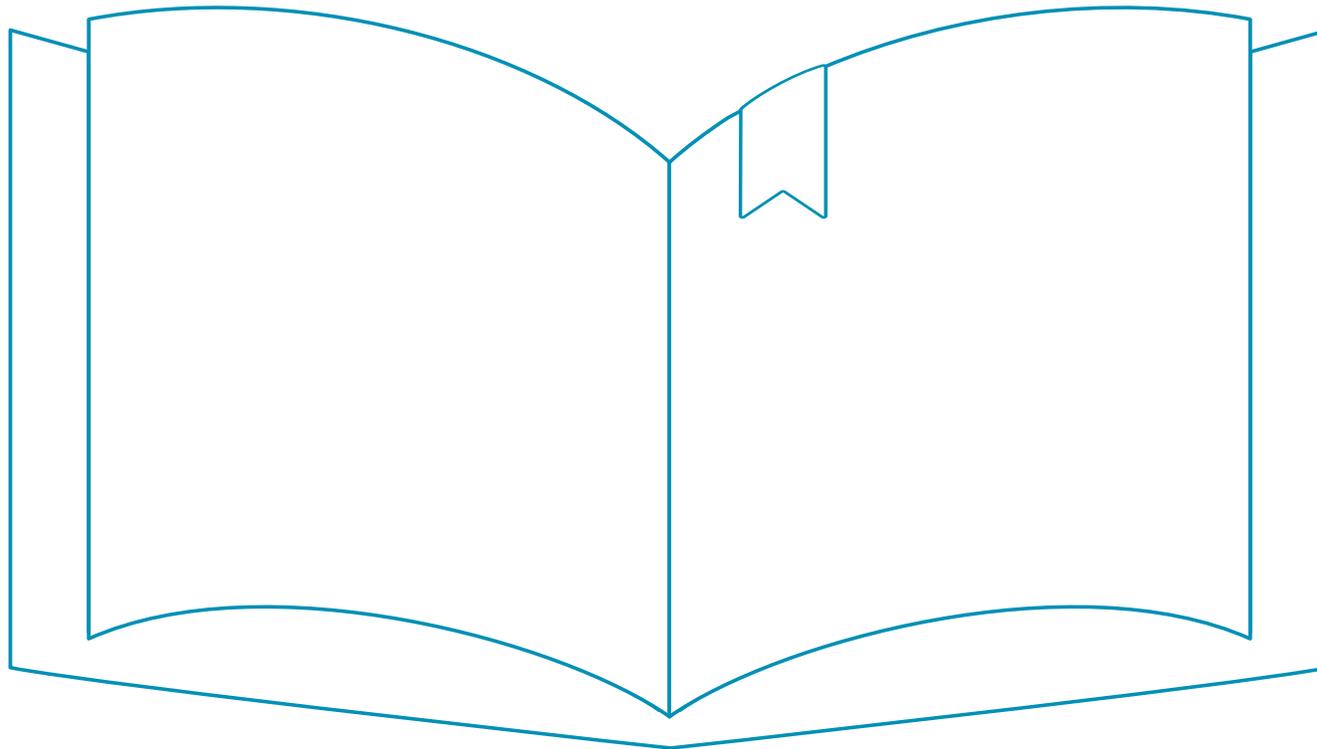
What helps you to return to the present moment when the mind wanders? Create a list of go-to strategies to bring you back when it is important to focus and pay attention.

A large, vertical, rounded rectangular frame with a scroll-like top and bottom edge. The interior of the frame is filled with horizontal lines, providing a space for writing a list of strategies. The frame is outlined in a light blue color.

# Reading My Emotions.



Life brings so many experiences from every direction. As we dive into each experience, we feel a wide range of emotions. Being able to identify them and gently hold them in our awareness is an important skill to practise. Creatively record in this open book, using both words and images, the many emotions you have felt so far this year.



**What am I learning about myself?**

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# Sensory Journey – Dadirri.



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Indigenous Australians have a whole-body mindful walking practice called Dadirri. Dadirri means inner deep listening and quiet still awareness. Imagine taking a Dadirri walk in nature, switching on all of your senses. Write and draw what you might experience.

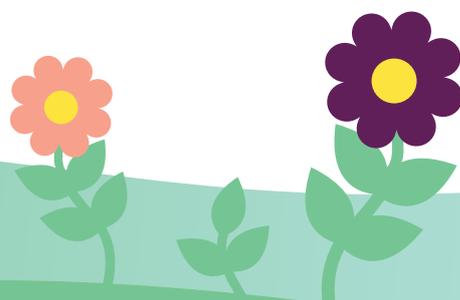


## Sit Spot.

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Sometimes we just need to slow down to allow our senses to come to life. Find a sit spot outside and sit for five or ten minutes in silence. Just notice what is happening around you. What can you see, hear, smell, touch and taste? Write and draw your observations.



# Moving Mindfully.

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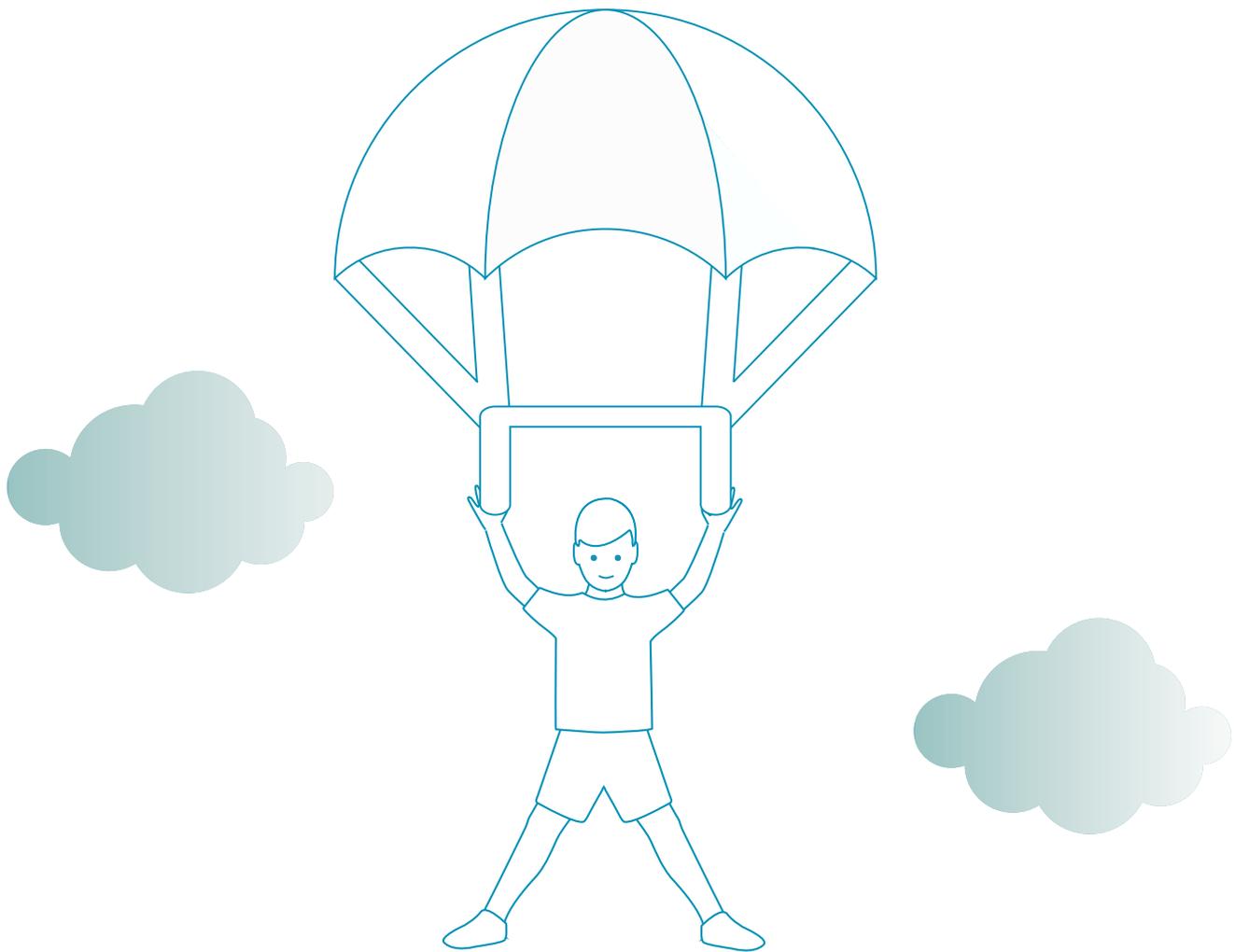
Think of a time when you were using your whole body and feeling fantastic. Perhaps you were swimming or running or actively engaged in sport. Draw your body feeling great and moving mindfully and write some of the feelings you felt as you moved and engaged.



# Drop Down: Mind – Body Connect.



One of the ways in which we can manage our emotions is to mindfully drop down, out of our heads and begin to pay attention to the sensations in our bodies. Our bodies are multi-sensory and provide us with so much 'moment to moment' information. Write and draw about a time when you felt that your senses were fully alive. What were you doing and how did you feel?



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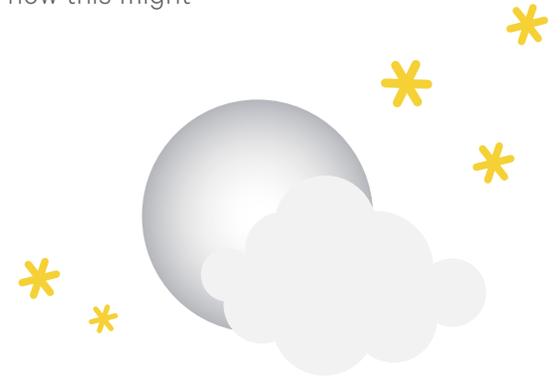
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# Out With The Tide

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Have you ever been to the beach and noticed that the tide is going out? As the sand becomes more exposed, the water calmly heads back out to the deep ocean. Changing tides are governed by the moon as she uses her gravitational pull twice a day, every day. Imagine being able to drop unhelpful thoughts into the ocean and let the moon take care of the rest? Write and draw how this might help on days when worries are playing on our minds.



# Unhelpful Thoughts Unhooked



Sometimes we can find ourselves very attached to unhelpful thoughts. Allowing them to pass you by takes practice but is worth it. Imagine them as clouds and let them go, floating away in a blue sky. Write and draw how this might help you to engage with life here and now.



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# Caught in a Storm

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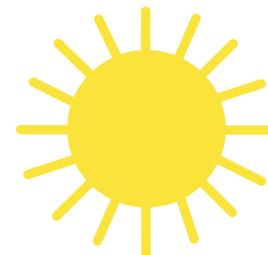
Imagine being caught in a sudden storm. What is happening around you? How are you feeling and what might you do? This can happen inside our bodies from time to time. Draw an 'inside' storm approaching and write a list of things you might do to weather the storm and turn towards the sun once it passes. Write some emotions words for both the storm and the sun coming out again..



# My Internal Weather Report



When things are not going well, it can feel quite stormy on the inside. When things are going well, we can feel full of sunshine. Our internal weather report gives us important information about our emotions. Make a list of emotions you feel from time to time and match them up with weather words. Illustrate your list.



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# Up and Down Days



Life is full of ups and downs. When we tell ourselves that we are strong enough to deal with a difficult situation and there are better times ahead, we begin to open the door to ideas that help us to see more clearly. Write and draw what you like to say and do when things feel cloudy.

The form consists of a purple line graph at the top, which fluctuates across the page, representing 'ups and downs'. Below the graph are seven horizontal lines for writing. There are also two faint, light purple cloud illustrations: one on the left side and one on the right side of the graph area.



# 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.

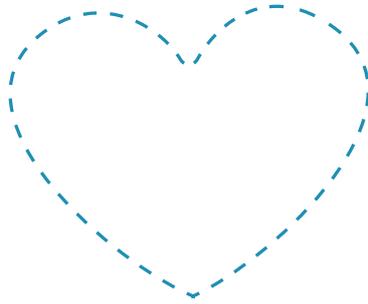
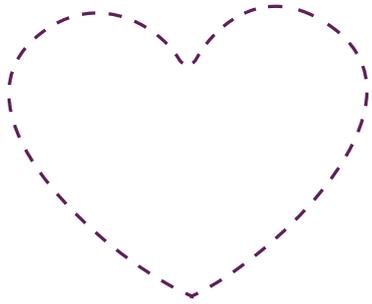
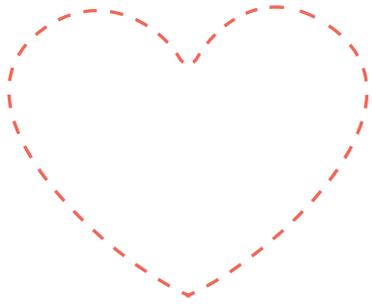
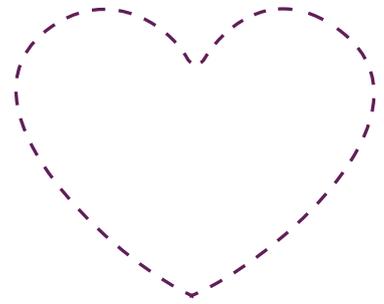
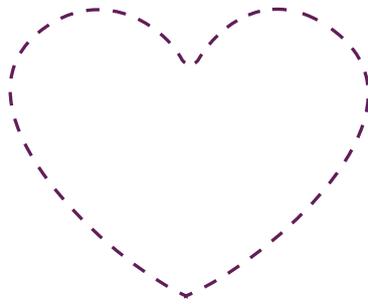


A series of seven horizontal dashed boxes, each intended for writing and drawing. The boxes are colored as follows from top to bottom: red, red, yellow, blue, purple, purple, and green.

# The Savouring Jar.



When something happens that brings you positive emotion and joy, write and draw it on a heart shape. Cut out the hearts and find a small jar with a lid. Decorate your jar with art/craft materials and label it. Each completed heart can be folded and popped inside. Later, when you are wanting to savour, just get your jar out and enjoy a second boost of positive emotion as you read each little heart.



# Flip Side Optimism.



Can you think of a recent time when things did not go your way but turned out okay in the end? What happened and how did you turn things around? Optimistic people can flip their thinking to the positive and find workable solutions. Write and draw about a time when you were able to do this. Add thoughts and emotions to your drawing.



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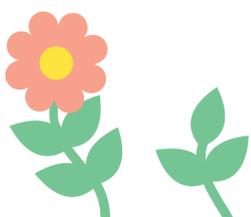
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# Optimistic Self-Talk.



Can you think of a time when you were dreading something and it all turned out okay? Perhaps you had a big test to complete, had to give a presentation to the class or maybe you were going on a challenging school camp and felt worried. When things turn out better than we expected, we learn to think more optimistically for next time. Fill out the chart below adding positive and optimistic self-talk for each event.

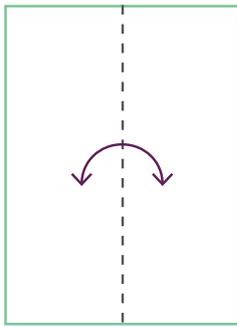
<b>The event I dreaded</b>	<b>How it all turned out</b>	<b>My optimistic self-talk for next time</b>



# Origami Mindfulness.

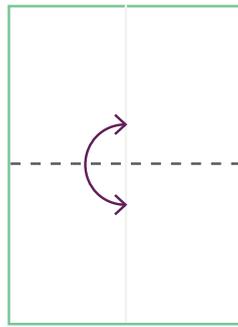


Have you ever tried making origami? Origami is a wonderful growth mindset activity. You will need an A4 piece of paper to make this little boat shaped origami and practise until it is just right. Origami takes time and practice. Then do the Rock The Boat meditation. Make more little boats of different sizes together and see if they can float in water!



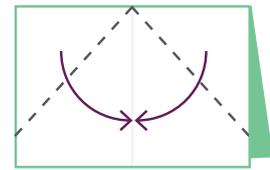
**1.**

Fold in half



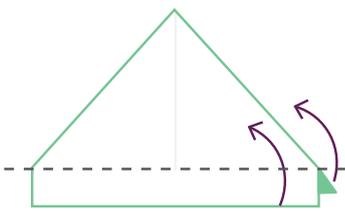
**2.**

Fold in half again



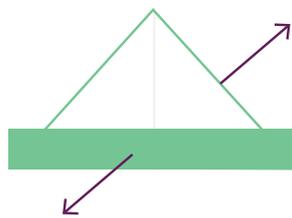
**3.**

Fold in corners



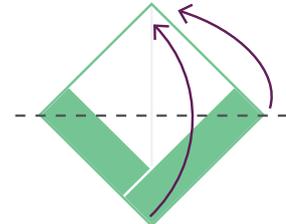
**4.**

Fold up edges on both sides



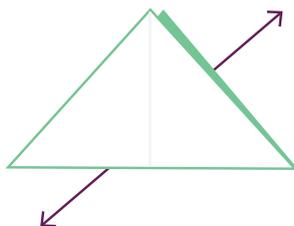
**5.**

Pull the sides out and flatten



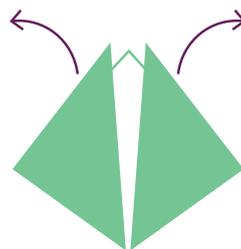
**6.**

Fold front and back layers up



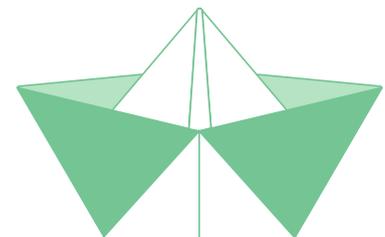
**4.**

Pull sides apart and flatten



**5.**

Pull top flaps outwards



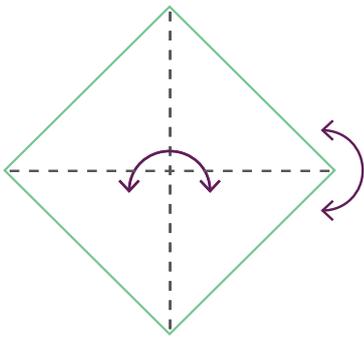
**6.**

Squish the bottom and pull the sides up. Tada!

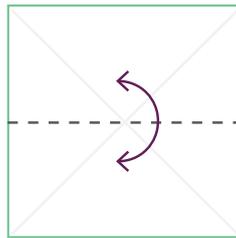
# Open Mind, Open Heart.



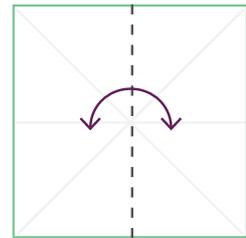
Think of recent times when you have done your very best and felt proud of your efforts even when the 'going got tough'. Make an origami heart envelope using a square piece of paper. Reflect on how it feels to try hard and keep going even when things are tough. On little squares, write some encouraging self-talk you say to yourself and pop them inside your heart.



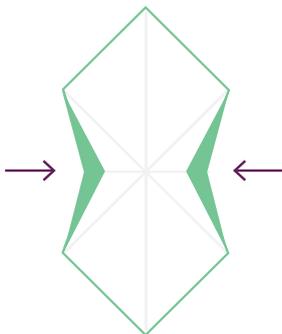
**1.**  
Fold in half in both directions



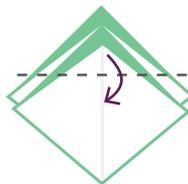
**2.**  
Fold in half horizontally



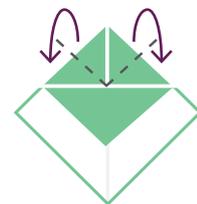
**3.**  
Fold in half vertically



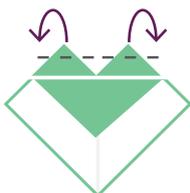
**4.**  
Pinch corners inwards



**5.**  
Fold the first top flap downwards on both sides



**6.**  
Fold the inside corners down



**4.**  
Fold the top edges down



**5.**  
Fold side edges inwards



**6.**  
Tada! You did it!