

Mindful Moments Mat

Sit somewhere you feel calm. Close your eyes and take a minute for each of your 5 senses and write down what is happening around you.



m p m e d i t a t e t a
f a r c g n a r e l a x
s f e y w w s c g v b r
s f f o z p h s r r c y
i i l g v t p g a e o h
b r e a t h o y t m l l
m m c a l m s n i o o b
v a t p x k i p t t u u
d t o e w s t n u i r c
o i i a t y i p d o i g
h o b c e v v c e n n o
g n n e u q e y w n g a

affirmation	emotion	positive
breath	gratitude	reflect
calm	meditate	relax
colouring	peace	yoga

