

MY
MINDFUL
BOOK



AURORA

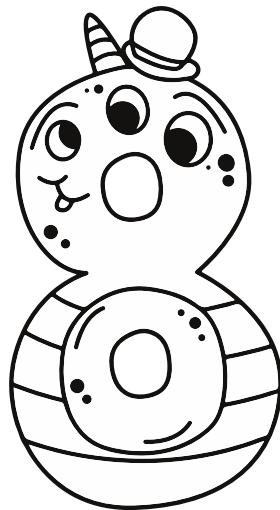
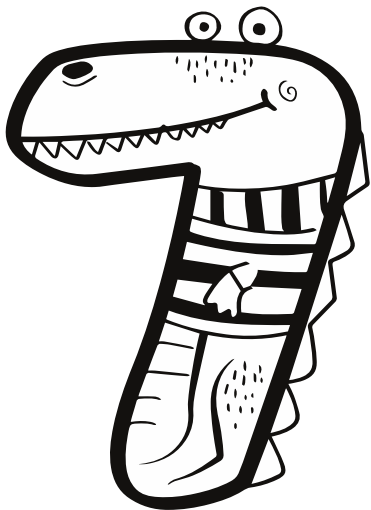
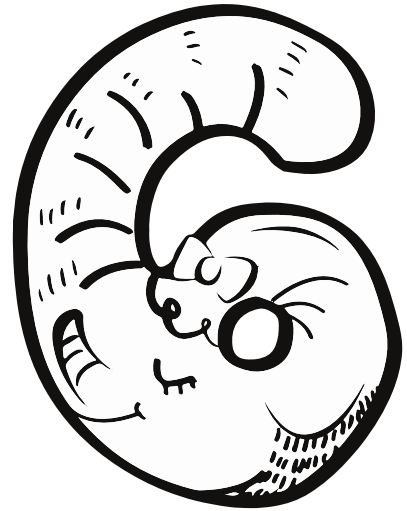
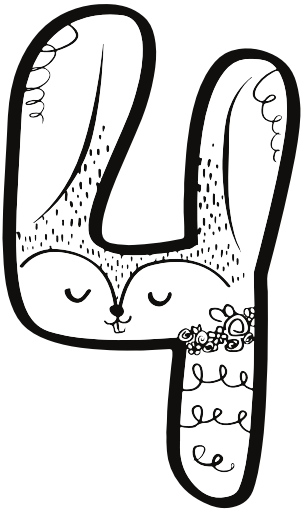
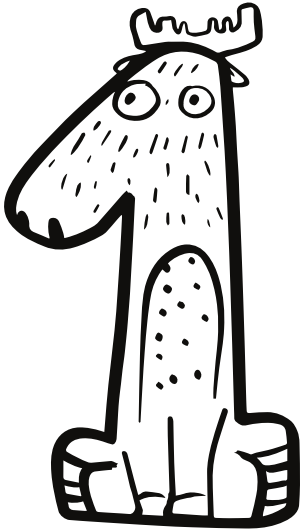
allied health

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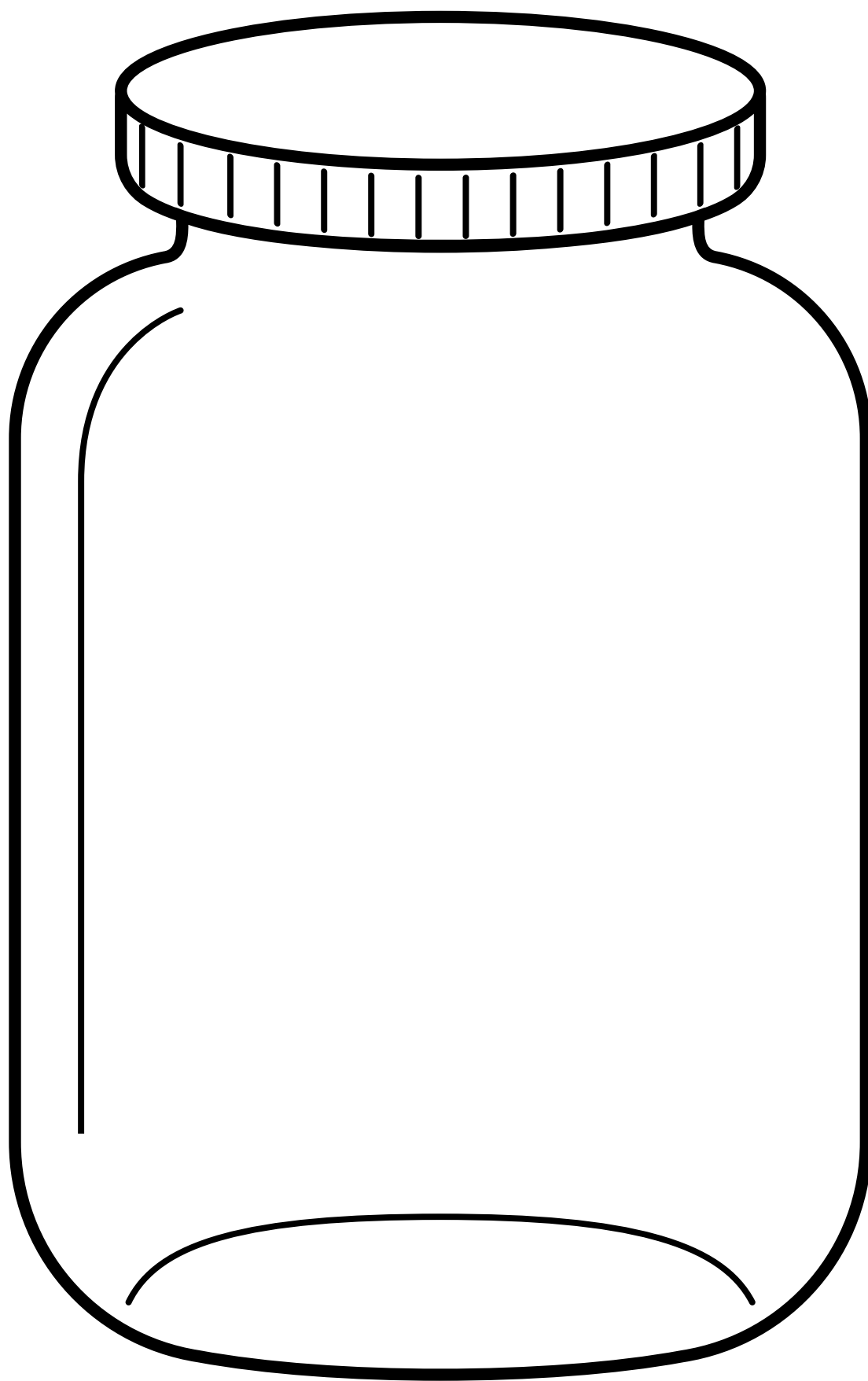
QUIET ACTIVITIES TO HELP CALM AND GROUND ME



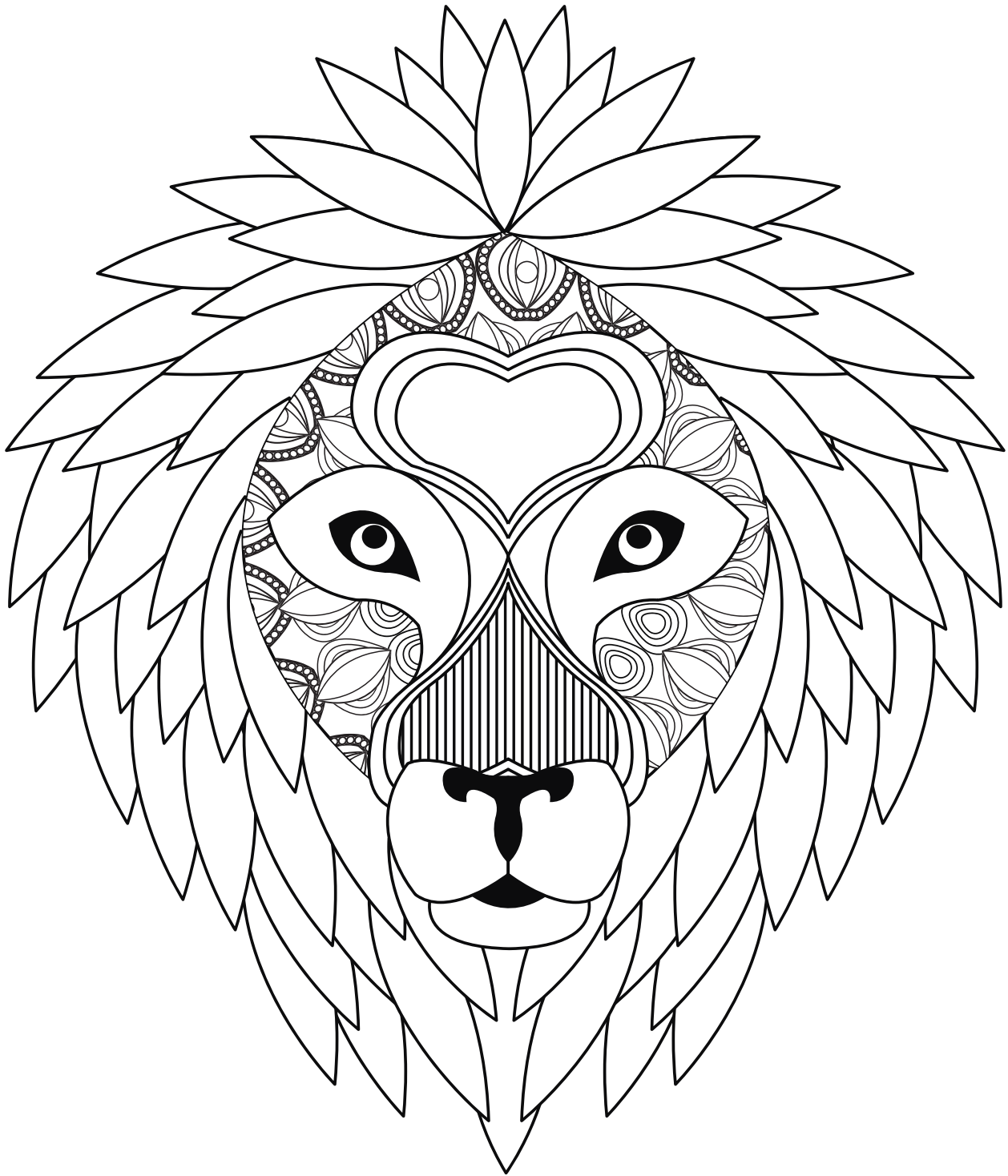
A large, empty rectangular box with rounded corners, intended for a child to write their name or other information.



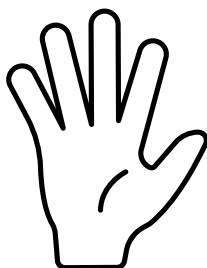
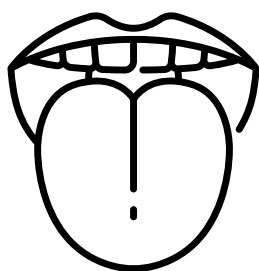
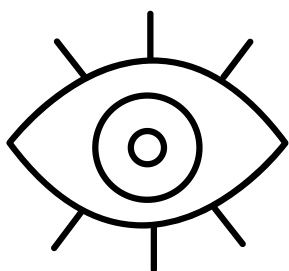
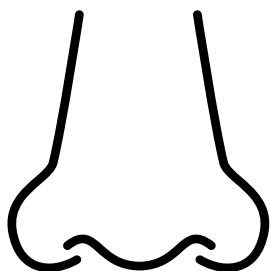
COLOURING IN



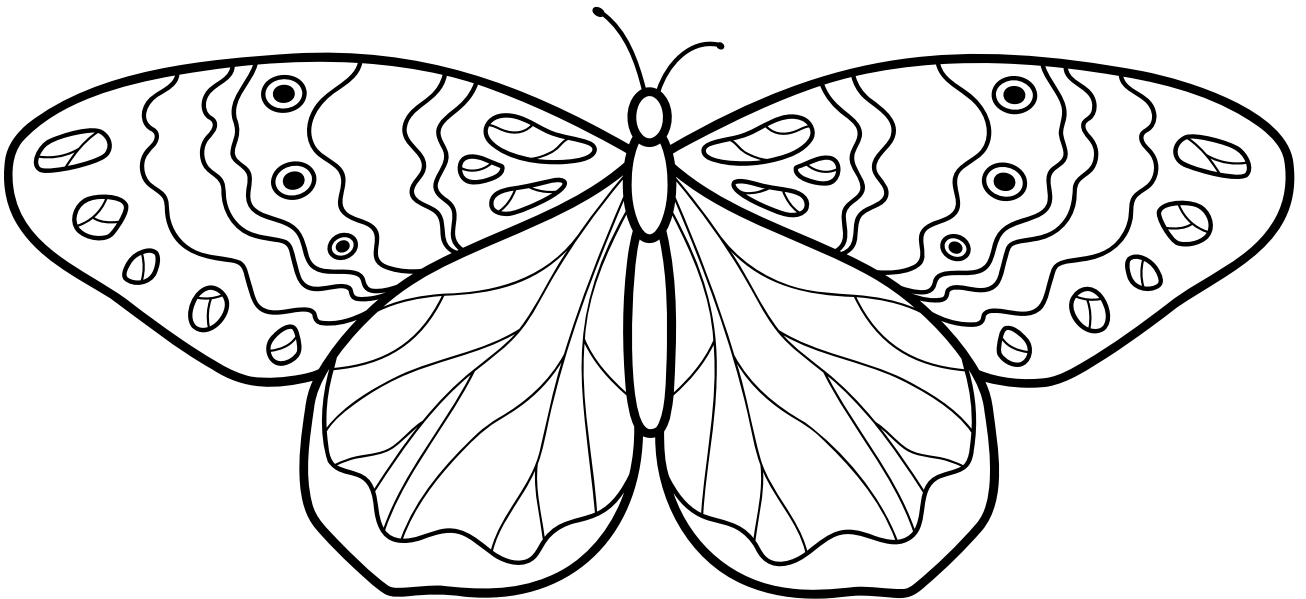
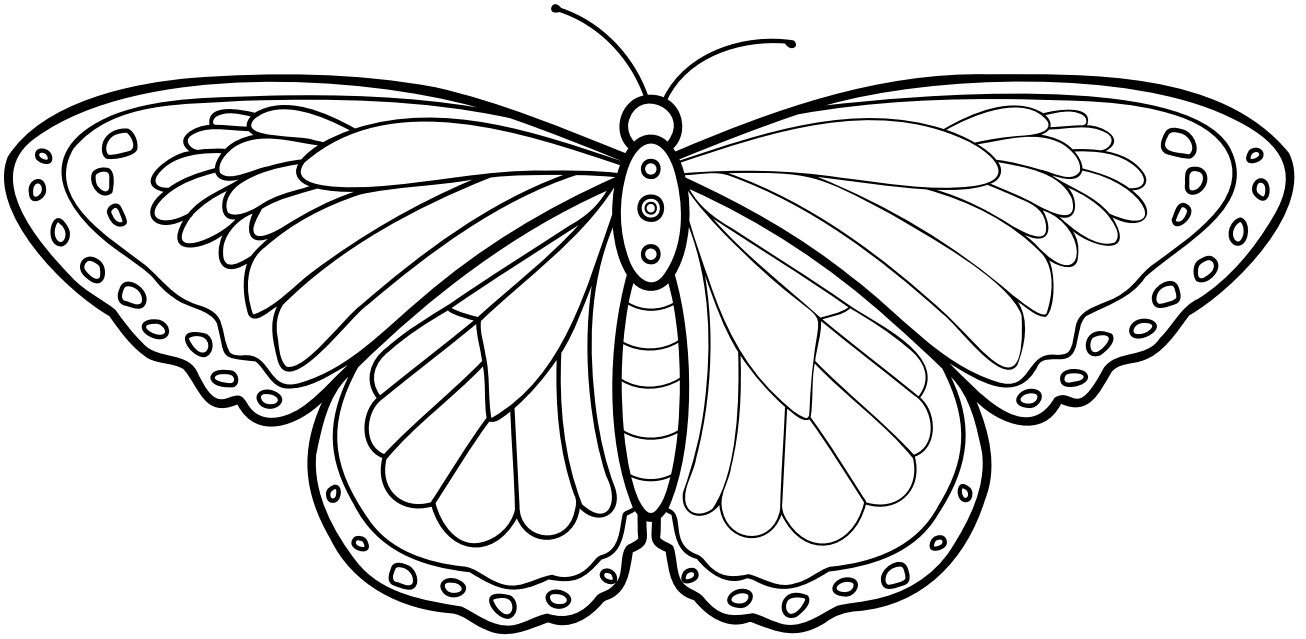
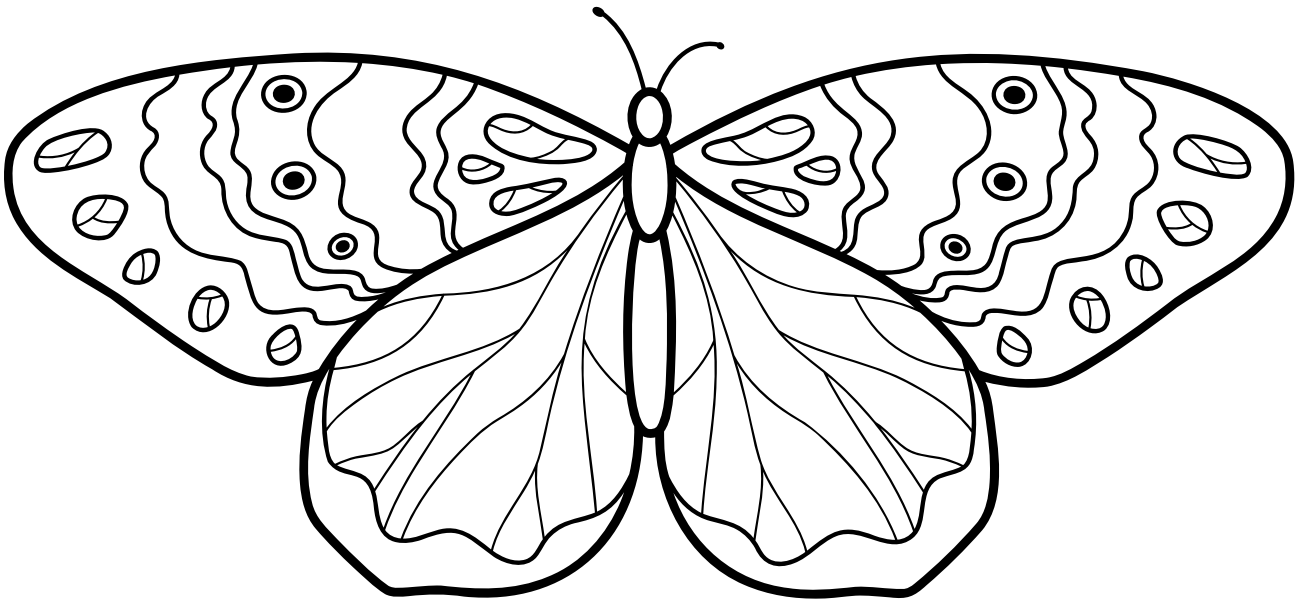
REFLECT ON YOUR DAY SO FAR. WRITE DOWN ALL THE THINGS YOU ARE GRATEFUL FOR.



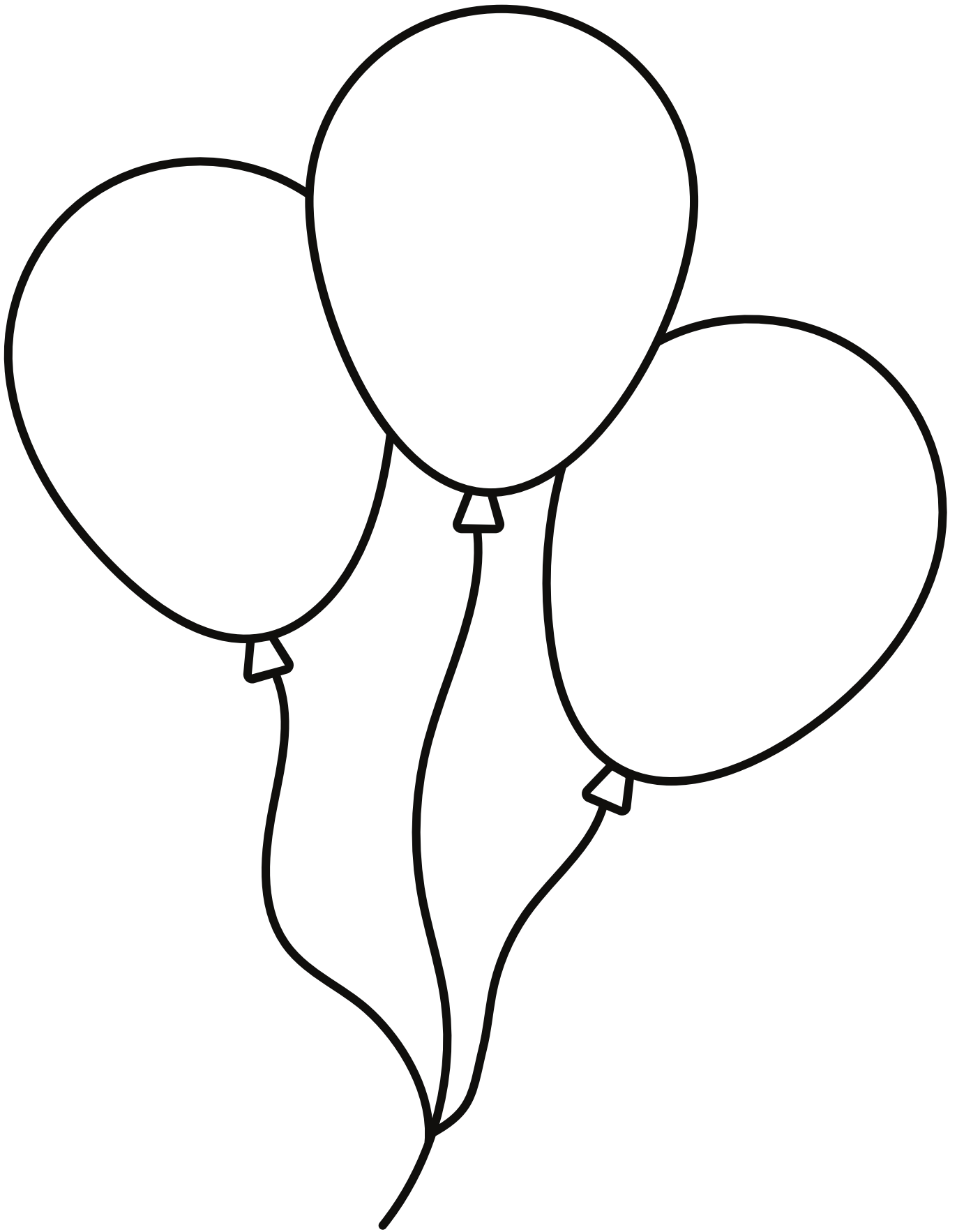
COLOURING IN



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