

Homework -

Increasing your awareness

Meditation

Carry out journey meditations and really use your senses. Sight, hearing, sense taste and smell.

Go for a walk

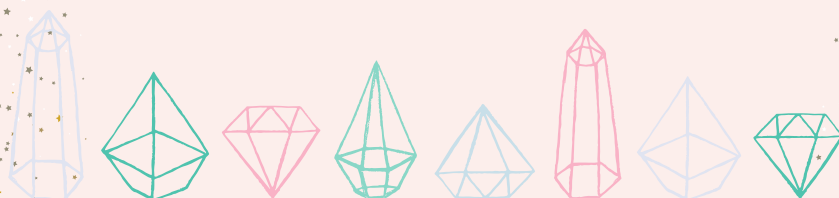
Take a walk in nature and really take in your surroundings. Look at colours, noises, things you don't normally notice.

Vocabulary

Start to look at wording around you, listen in to TV programmes you would not normally watch. Take note of words.

Music

Become more aware of music playing on the radio or in the background. Take time to listen to the words.



Reflection



Note down anything that you notice differently?

A solid red rectangular box intended for writing a reflection.

Are you feeling more aware? if so, in what way?

A solid red rectangular box intended for writing a reflection.

Make sure you keep a journal and note down any changes, or you can add some reflection here.

A solid red rectangular box intended for writing a reflection.