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Mindful Moments

# About Mindful Moments

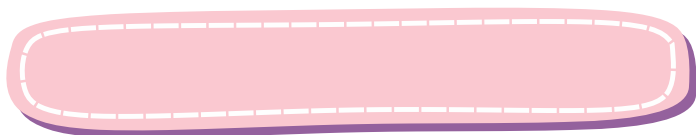
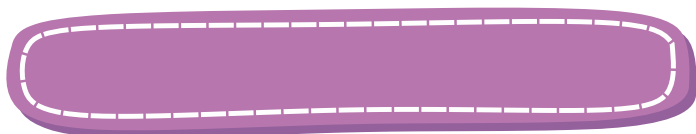
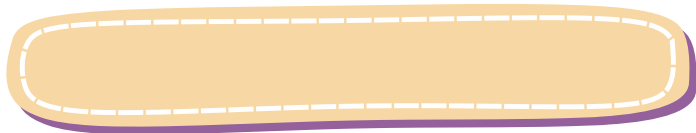
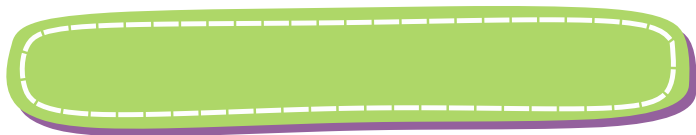
This journal promotes SEL, which is important in understanding and managing emotions, establishing healthy relationships, setting positive goals, and making responsible decisions. SEL is crucial in leading happy and healthy lives.

Use this journal:

- To enhance SEL skills.
- To express your creativity.
- To relax and have fun.
- To develop coping strategies.
- To practice self-reflection.



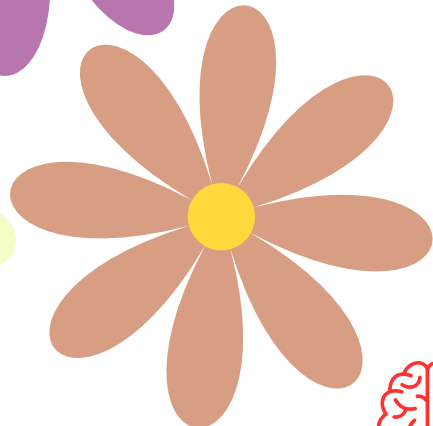
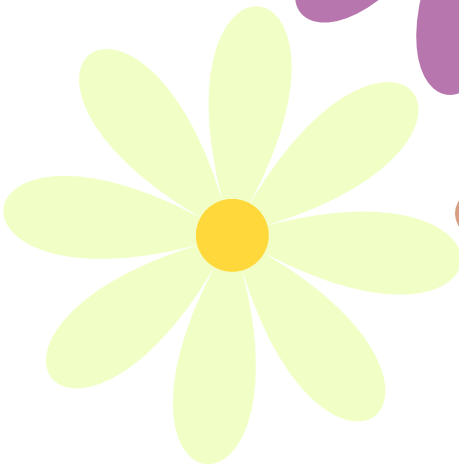
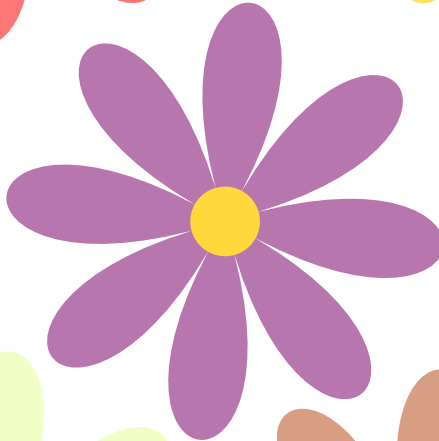
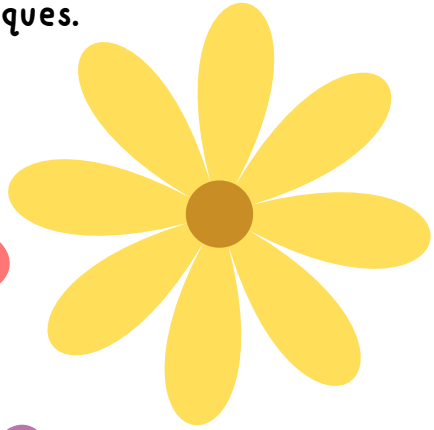
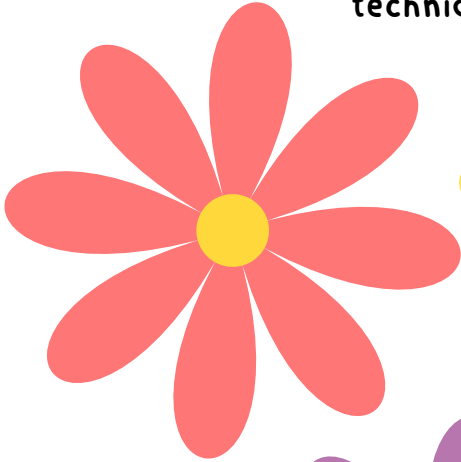
# Make Your Own Positive Affirmations



# Breathing Techniques

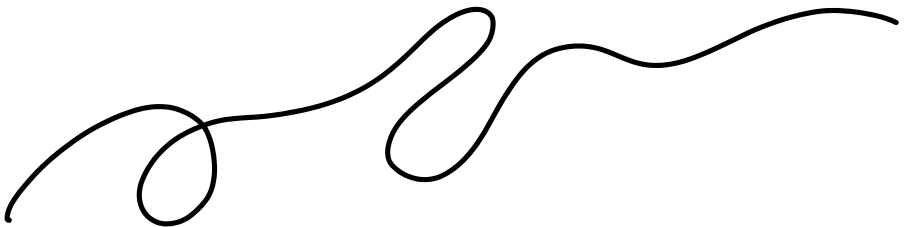
Slowly trace each one of the flower petals.

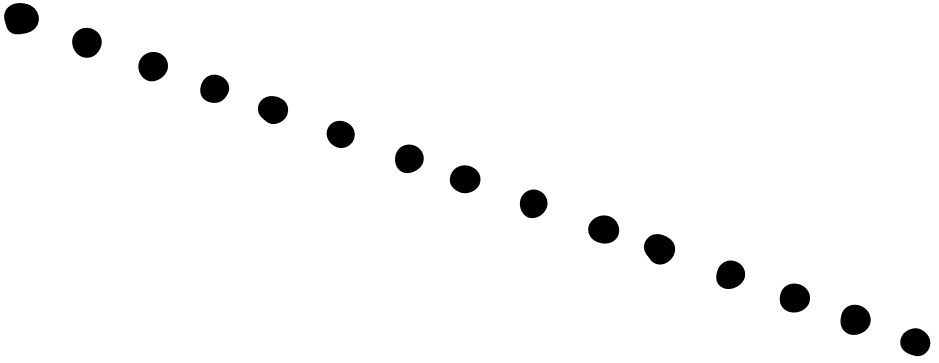
Breathe in for one petal and breathe out for the other petal. Keep going as you practice your breathing techniques.



# My Calm Music

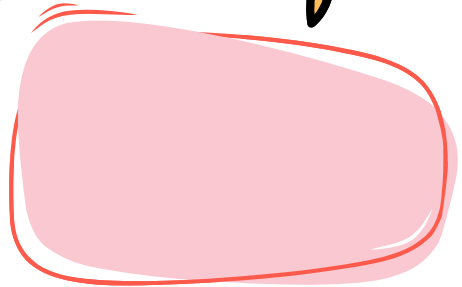
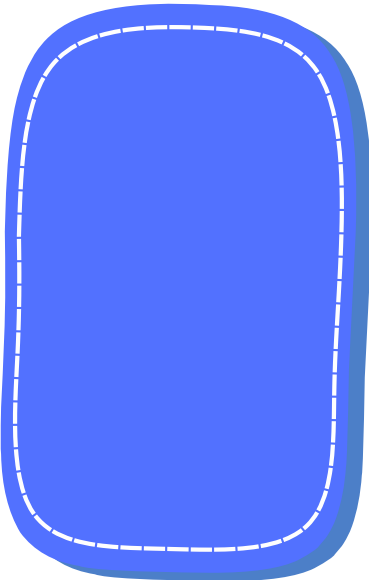
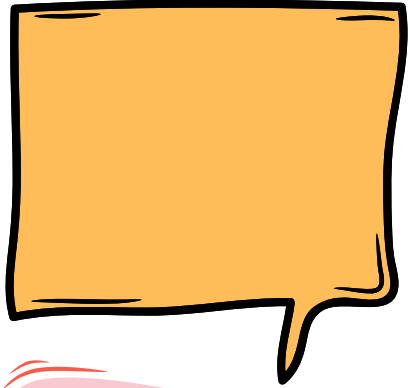
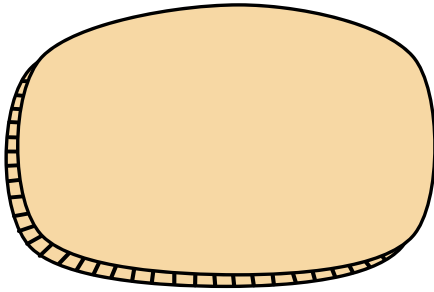
Listen to your favourite song or a playlist. Colour, scribble or draw how the music feels to you.





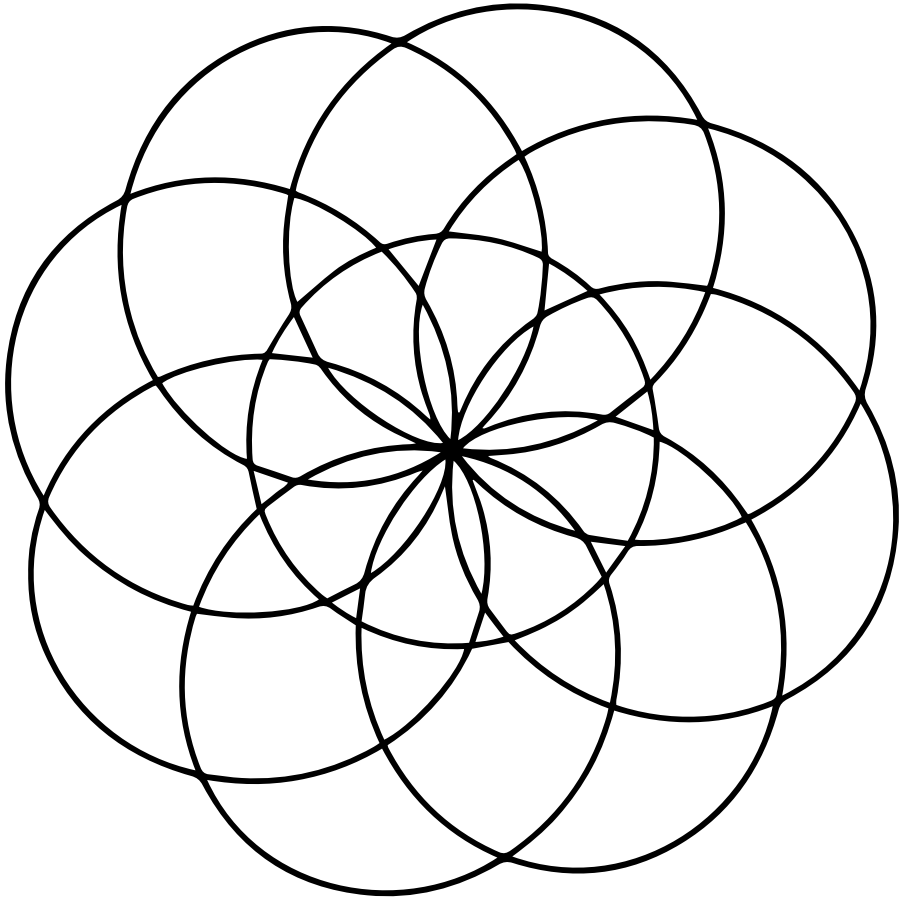
# Weekly Challenge

Write down kind words to yourself and read them when you feel blue.



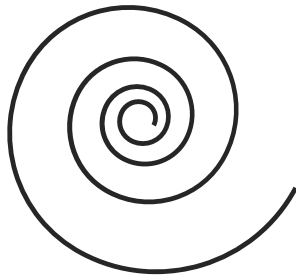
# Mandala Colouring

Go to your favourite spot and colour the mandala using the colours that you see.

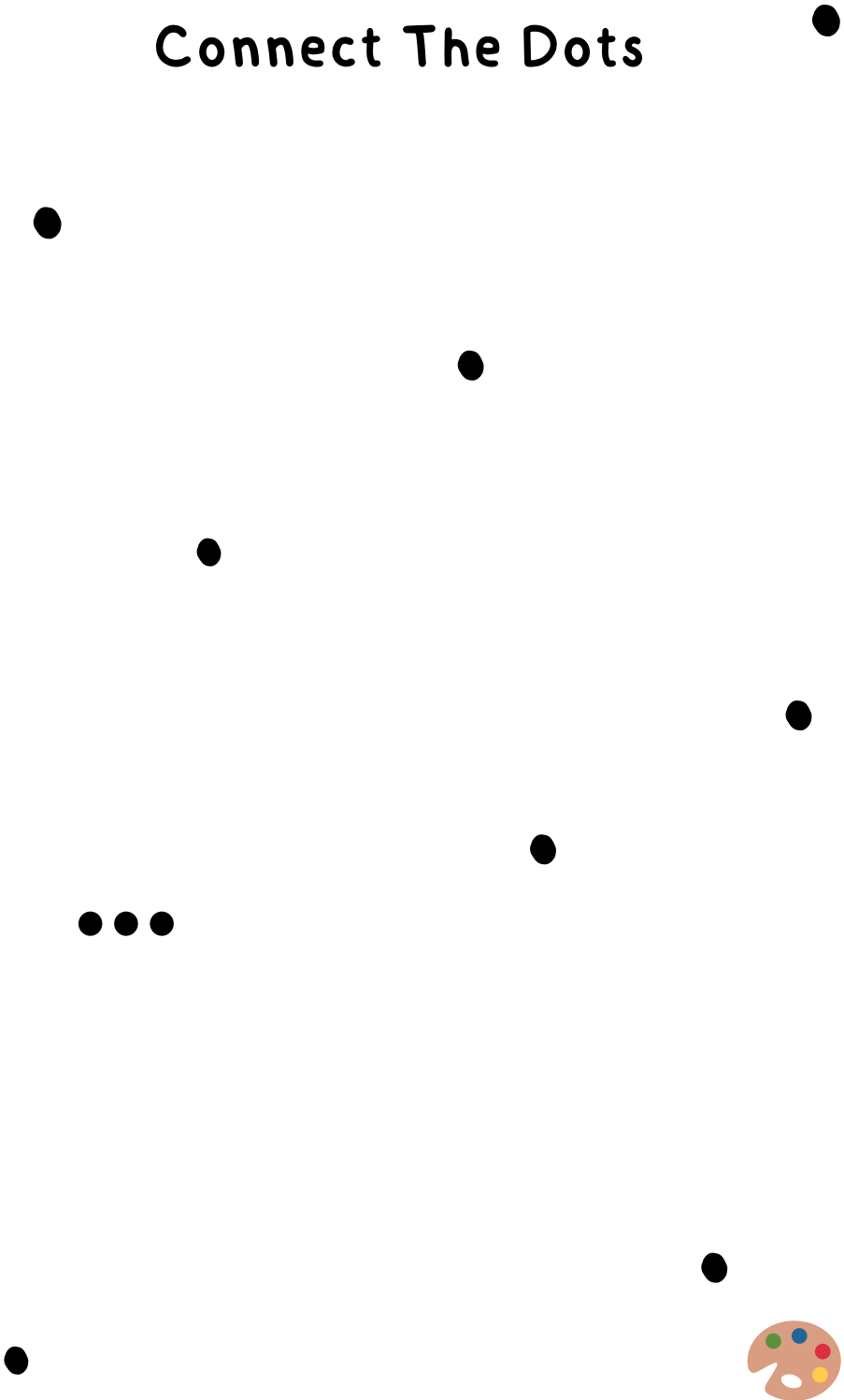




**Continue This Spiral**



# Connect The Dots



# Spread Kindness

What are small ways to spread kindness?

List them down and put them into action!

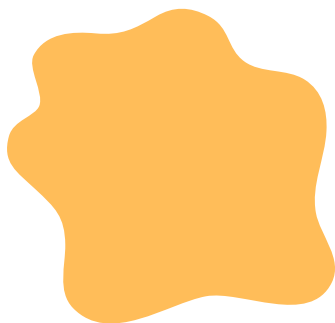
A pink hand-drawn rounded rectangle, intended for writing a kindness idea.A blue hand-drawn rounded rectangle, intended for writing a kindness idea.An orange hand-drawn rounded rectangle, intended for writing a kindness idea.A green hand-drawn rounded rectangle, intended for writing a kindness idea.A purple hand-drawn rounded rectangle, intended for writing a kindness idea.A yellow hand-drawn rounded rectangle, intended for writing a kindness idea.

# Thumbprints

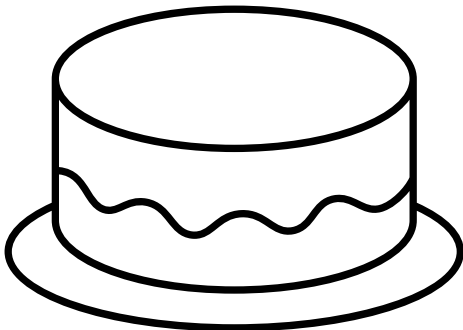
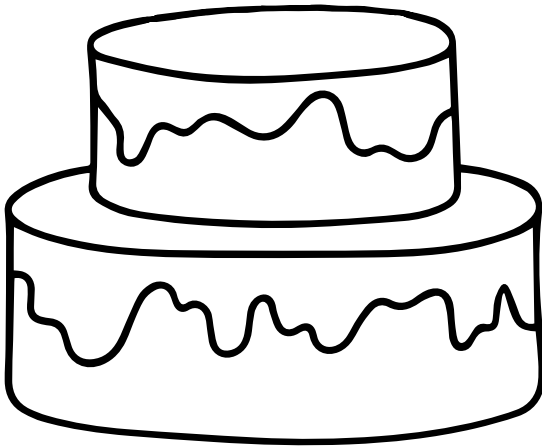
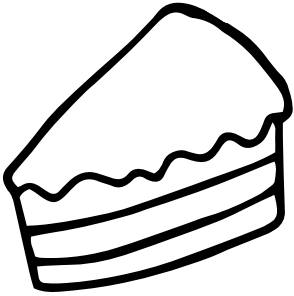
Collect the thumbprints of the people you love! You can write their names beside the thumbprint.



# Color Outside The Shapes



# Design Your Own Cakes And Cupcakes



# Star Chart

Colour a star when you complete each page.

