

The header features a blue sky background with white clouds. On the left, there is a monarch butterfly with orange and black wings. On the right, there is a blue butterfly. Below the sky, there are white flowers on green stems. The title 'Mindfulness' is written in a large, white, rounded font with a black outline. Below it, 'Take a Mindful Minute' is written in a similar but slightly smaller font.

Mindfulness

Take a Mindful Minute

Mindfulness can help us to feel calm, relaxed and content. It is all about paying attention to the present moment. It can help us to settle our busy minds and racing thoughts – especially when we are feeling stressed, worried or anxious. Mindfulness can also help us to appreciate ourselves and the world around us.

Follow these steps, whenever you feel you need to, to take a mindful minute during each day.

Choose an activity to do mindfully. For example, colour a picture, eat a snack, look out of the window or go for a walk with a trusted adult.

Whatever you choose to do, make sure you are being mindful when you are doing it. What can you see? What can you hear? What can you smell? How does it feel or taste?

Take time to really think about what you notice.

Relax your breathing and lose yourself in the moment.

Your mind might start to wander or you might realise you are daydreaming. This is OK. Simply notice this has happened, then bring your attention back to the mindful activity and gentle breathing.

Well done for taking a mindful minute!

How do you feel?

