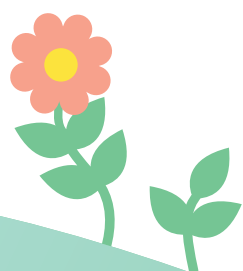


How am I feeling in this moment?



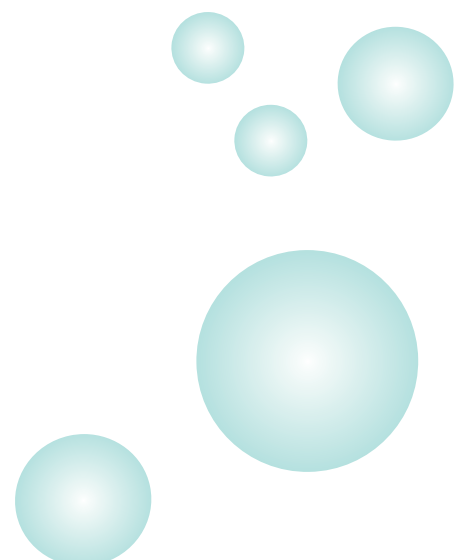
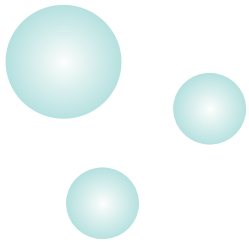
Think of a time when you felt calm and happy. See if you can notice those feelings somewhere in your body. Draw yourself in that moment/place.



Bubbles of Awareness.

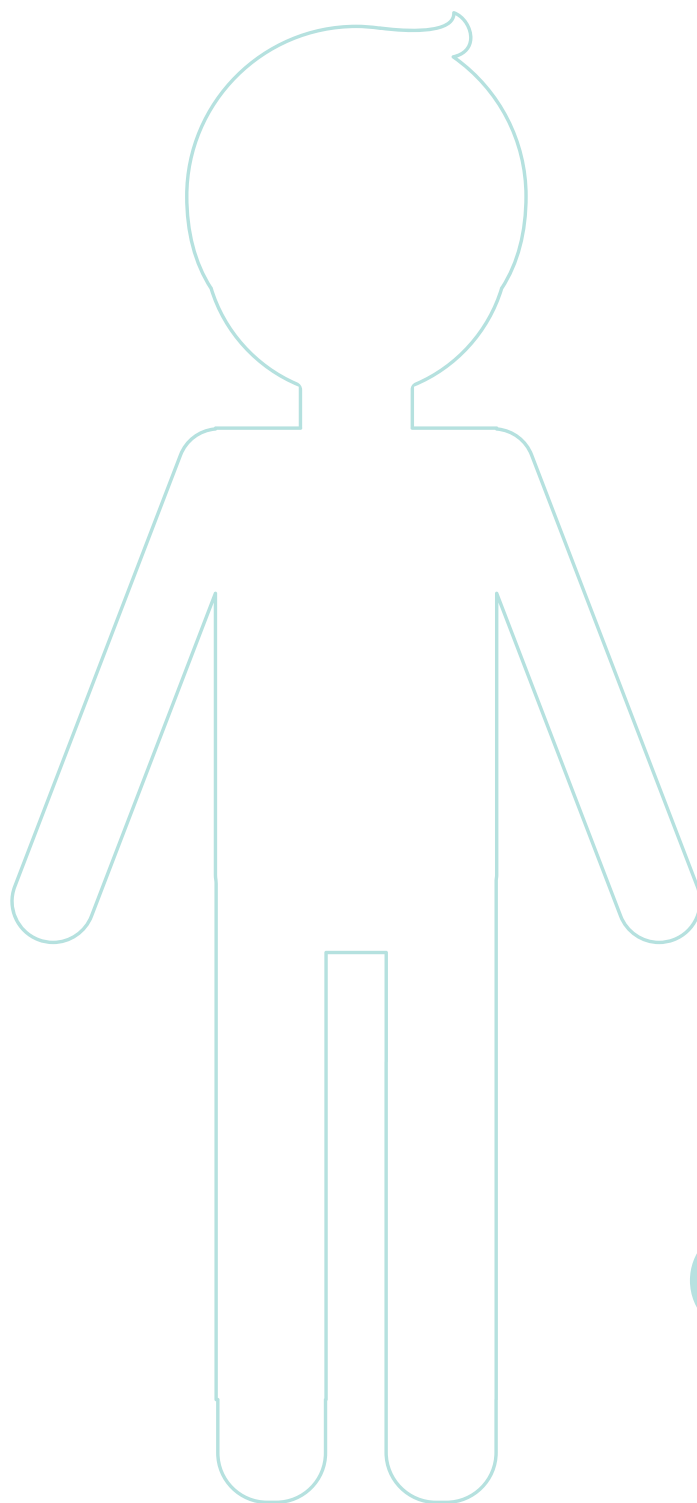


Draw some big bubbles on this page and take a moment to think of some moments today when you really noticed things around you. It may have been a warm smile someone gave you, something you ate or drank, or something in nature that caught your attention. Draw these moments of awareness inside the bubbles.



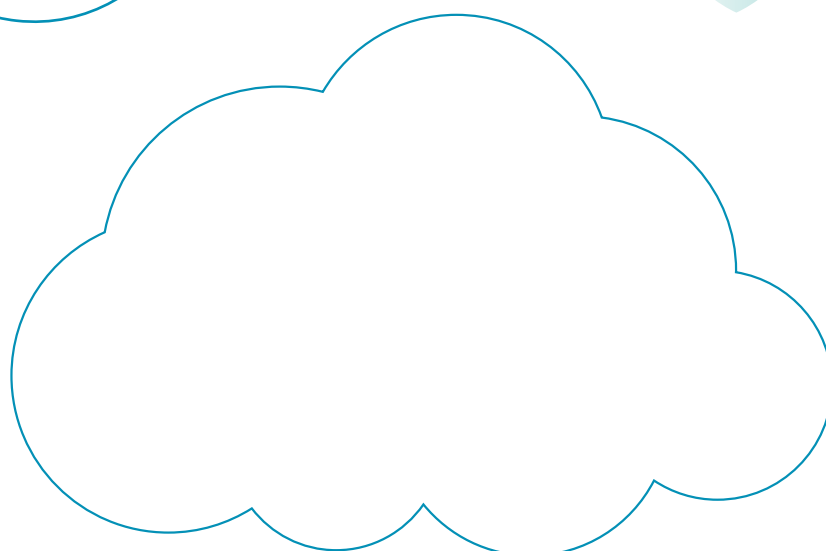
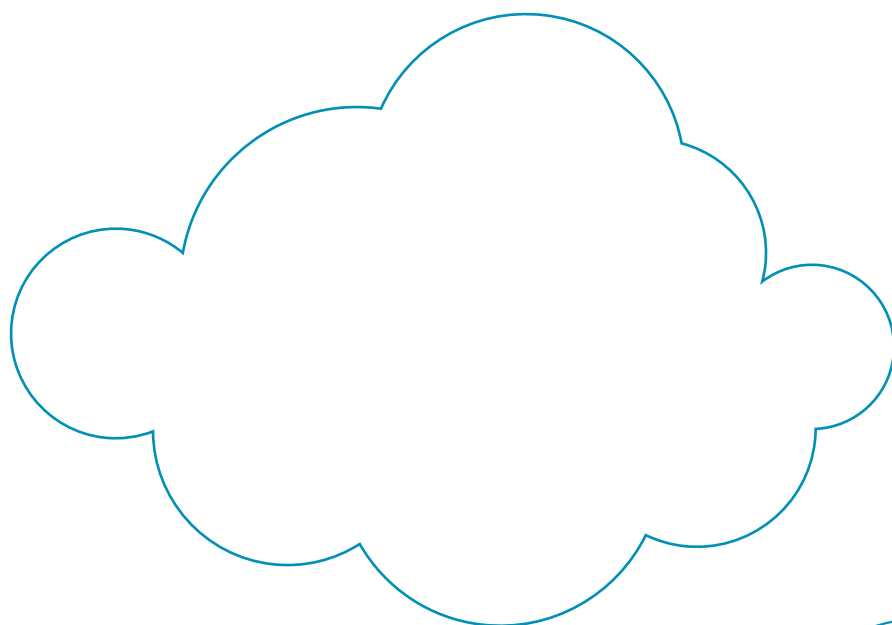
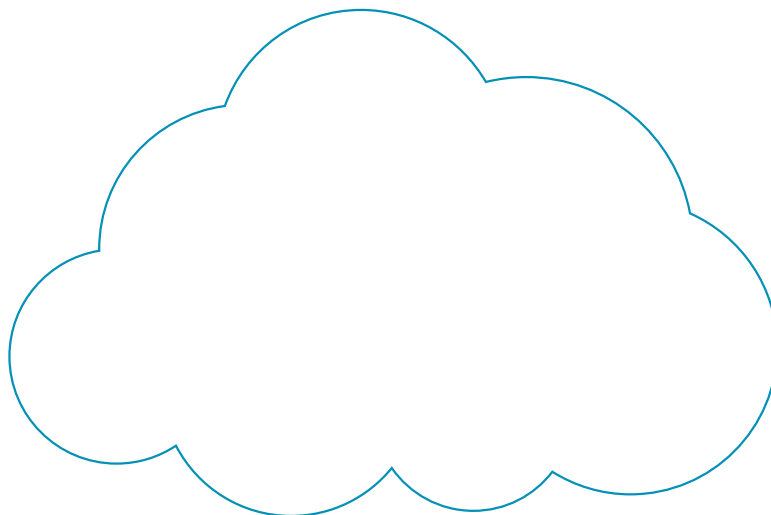
Deep Breath.

Belly breathing helps us to remember to fill our bellies with every breath. Fill your body with deep breaths and use colours and shapes to show how it feels.



Many Emotions.

We all feel lots of emotions every day. We can notice and name them. Draw three emotions you have felt today. Do they have shapes and colours?



Sensory Me.

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Draw yourself in this photo frame doing something that switches on your five senses. What can you see, hear, smell, touch and taste?

