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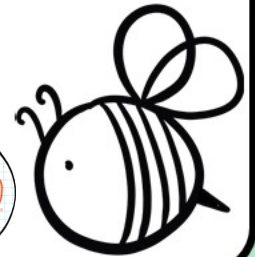
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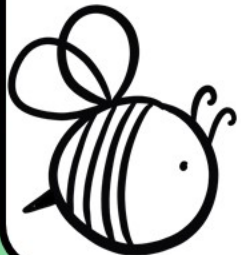




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Mindful minute bookmarks

Print out the bookmarks, colour them in and practice this mindfulness technique. Then fold along the line and laminate. Make sure to round off the corners.

If you feel anxious, angry, sad or worried then take one minute to focus on your senses.

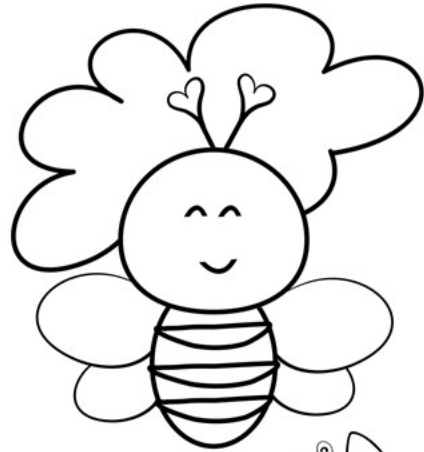
5 things you can see

4 things you can hear

3 things you can feel

2 things you can smell

1 thing you can taste



Take a
Mindful
Minute



If you feel anxious, angry, sad or worried then take one minute to focus on your senses.

5 things you can see

4 things you can hear

3 things you can feel

2 things you can smell

1 thing you can taste



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