

WE CAN TAKE 5

5 MINS OF MINDFULNESS

Life can often feel so busy and stressful that it's important for us to take some time to pause and reflect each day. Taking stock of the 'okay', the 'great', and the 'to-be-improved' from today and looking positively to tomorrow.

We've created this simple WE CAN TAKE 5 guide that looks at 4 key themes to help you reflect. You could think about these questions and answers before you leave for the day, or sometime before you head to bed. You may even think about writing the answers down – and re-reading them on another day when you need a bit of a 'pick me up'.



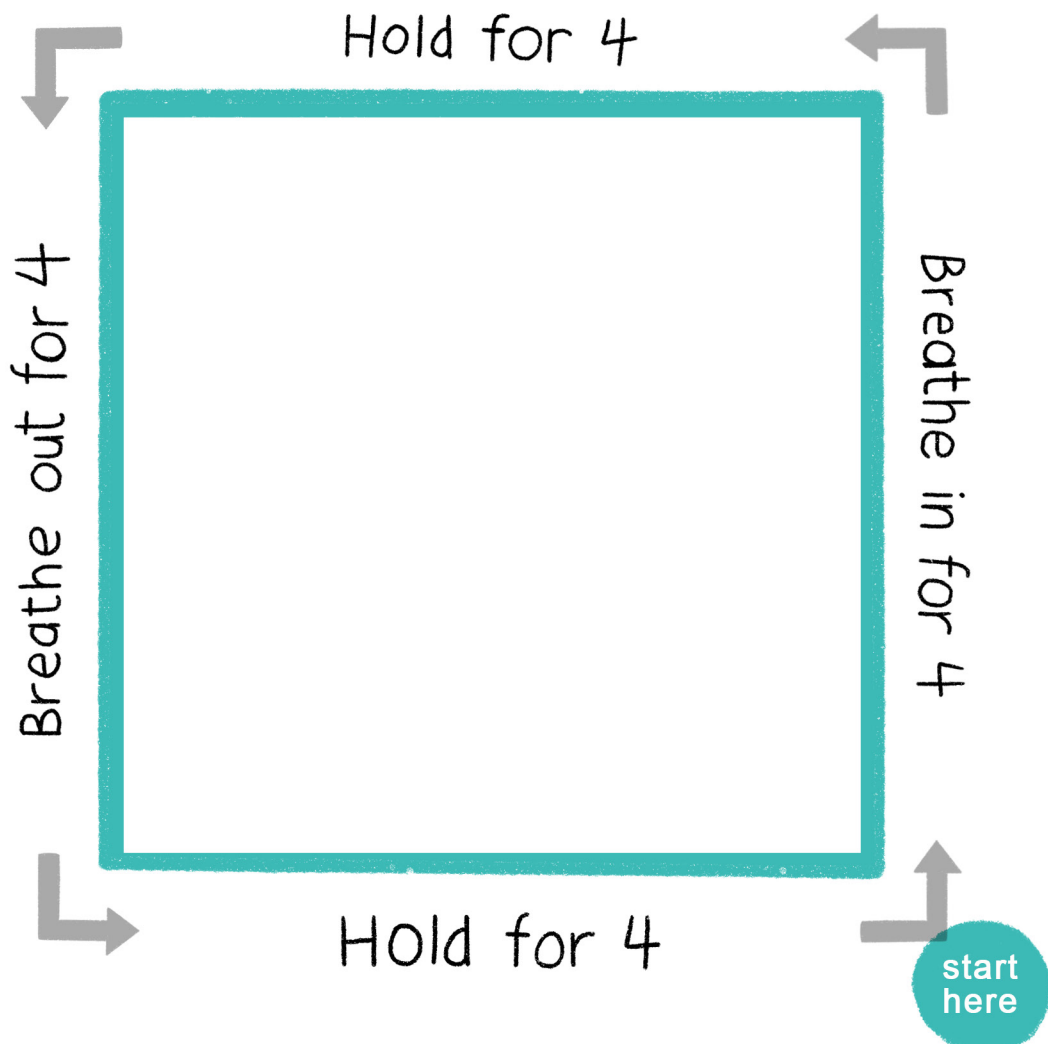
WE CAN BREATHE DEEPLY

BOX BREATHING

Sometimes you need a little more structure and playfulness around how to take a deep breath.

Using shapes is an easy way to keep track of breaths in and out. You can use your finger to trace the shape so you know where you are in your breathing.

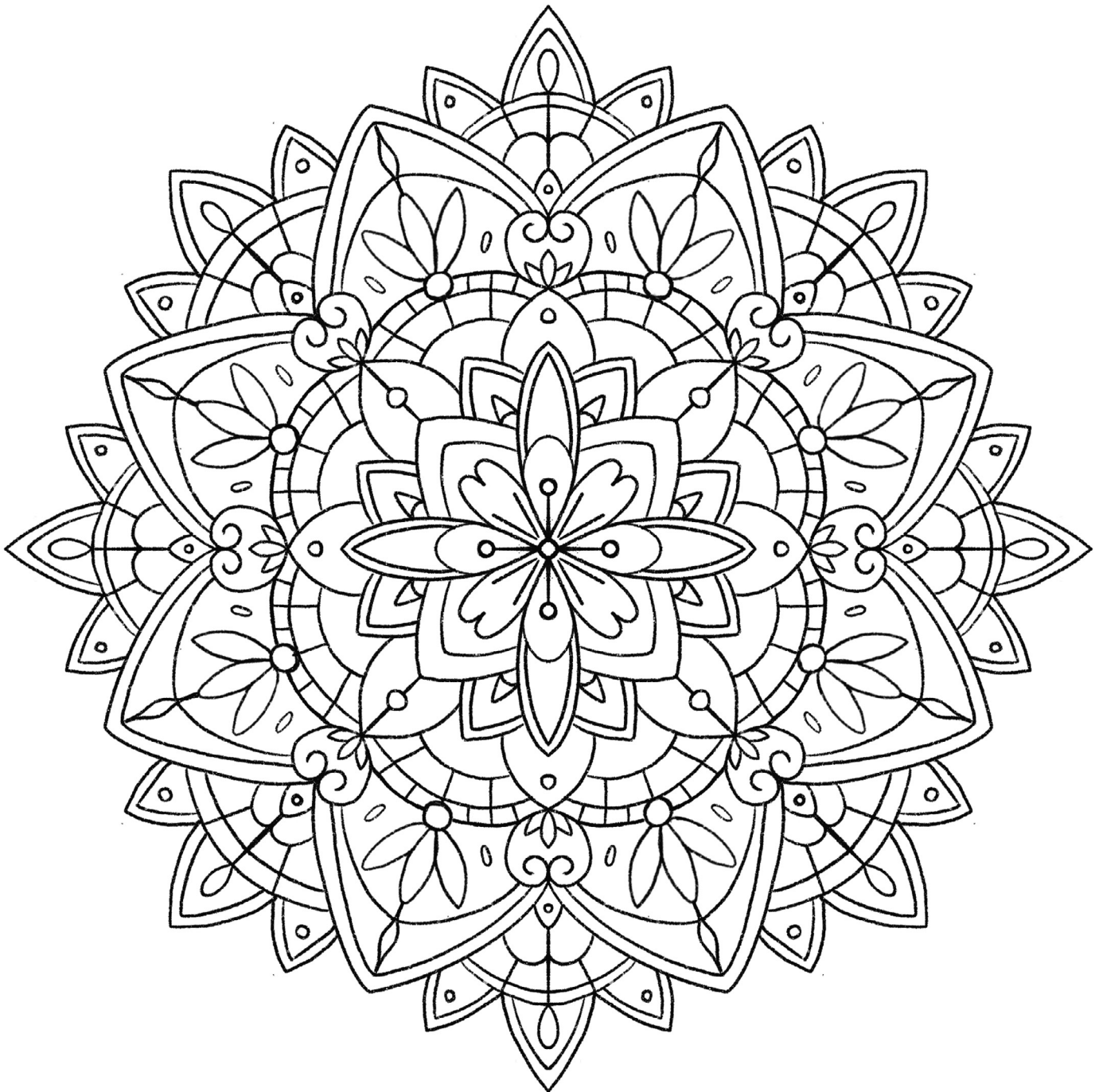
Start at the bottom of the square, and follow the arrows around the whole square to complete one deep breath.



A black and white line drawing of a poster. The text "Let's MOVE FORWARD TOGETHER" is written in a playful, rounded font. "Let's" is in a smaller, cursive-like font, while "MOVE", "FORWARD", and "TOGETHER" are in larger, bold, block letters. The text is surrounded by numerous cute, hand-drawn illustrations. At the top, there are stars, a rainbow, a cloud with raindrops, a bird, and various flowers. To the right, there's a large star and a flower. Below the text, there's a heart, a star, a small fish, a diamond, a rabbit, a house, a cat, and more flowers. The bottom features a large flower, a triangle, a house, a cat, and a mountain. The overall style is whimsical and cheerful, suitable for a children's poster or a motivational graphic.

WE CAN RELAX

MINDFUL COLOURING IN



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