

Take Notice Tuesday



1

Take notice, being aware and mindful is associated with positive mental health and wellbeing

- Take time to notice and appreciate nature, everyday life and moments
- Be aware of the world around you and how your body responds to this and what you are feeling
- Pause and reflect – think about what you are grateful for.

Close you eyes and think about the happiest day of your life, or even a happy moment where you felt happy or relaxed.

Mindfulness Activity Card

Close your eyes and spend one minute thinking about the happiest day of your life. Try to remember as much about that day as you can.

2

Look extra carefully for three things that you are grateful for today and write them down at the end of the day.

What am I
grateful for
today ?

3

Take some mindful moments and think about all the things that you can hear, see, taste, smell and feel. This helps us to be present in the moment, think of other things and ground yourself.

