

# Take Notice Tuesday



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.

3

There are 7 different courses to try.

1

Be Silent! Try a period of enforced quiet, everyone goes through their regular routines — but they don't speak. Start with 5 or 10 minutes and try to work up to an hour or more. Writing, sign language—should be discouraged.

2

Try some of these mindfulness courses for FREE. They are really helpful for children of all ages and adults too. <https://mindfulnessexercis.com/free-online-mindfulness-courses/mindfulness-meditations-for-kids/>




mindfulness EXERCISES

2,000 Mindfulness Exercises Community TEACH MINDFULNESS

Free Online Mindfulness Cour... > Mindfulness Meditations for Kids

FREE VIDEO

**Mindfulness Meditations for Kids**

