

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.



There are 7 different courses to try.

3

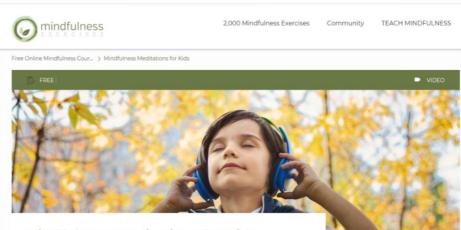


Be Silent! Try a period of enforced quiet, everyone goes through their regular routines but they don't speak. Start with 5 or 10 minutes and try to work up to an hour or more. Writing, sign language—should be discouraged.



Try some of these mindfulness courses for FREE. They are really helpful for children of all ages and adults too. https://mindfulnessexercises.com/freeonline-mindfulness-courses/mindfulnessmeditations-for-kids/





Mindfulness Meditations for Kids







Sectionalization