

Everyday Mindfulness

Times I can take an opportunity to be mindful

| Everyday activities (add your own ideas) | What I did (tick) | What I noticed |
|--|-----------------------------|-----------------------|
| Shower | | |
| Bath | | |
| Washing my hair | | |
| Brushing my hair | | |
| Having a cuppa | | |
| Eating chocolate | | |
| Eating breakfast | | |
| Eating lunch | | |
| Eating dinner | | |
| Eating an ice cream | | |
| Walking to letterbox | | |
| Watering the garden | | |
| Eating a piece of fruit | | |
| Drinking a glass of water | | |
| Sitting in the sun | | |
| Stroking my pet | | |
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