

Mindfulness

Colour My Feelings

We can have lots of different feelings all in one day. This is perfectly OK. Sometimes, how we are feeling makes us happy but at other times it doesn't. It is important for us to notice how we are feeling and talk to someone we trust about it – especially if it doesn't feel good. Being aware of how we are feeling and sharing this with the special people in our lives can help to keep our mind healthy and our body well.

How are you feeling today?

Create a colour pattern to show your feelings. Afterwards, talk to someone you trust about your pattern and your feelings.



Well done for taking a moment in your busy day to be mindful of your feelings!