



Mindful holiday fun!

Enjoy some fun, mindful activities to
enjoy at home these School Holidays!

Plus colour-in your cover with your
favourite colours in the sun!

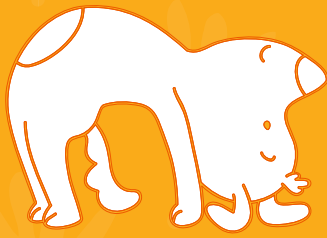
It's time to stretch!

Yoga is a great way to relax and stretch out all your muscles.

Here's a few poses that you can try. Remember to take some deep breaths and try to hold them for as long as you can! Plus colour-in once you've finished!



**Sit peacefully
in a lion pose**



**Bend like
a bridge**



**Breathe in the
lotus pose**



**Stretch out like
a cobra**

Mindfulness checklist

These School Holidays, it's the perfect time to relax and enjoy the things around you. **Each day, check something off your mindfulness checklist.**

Did some yoga poses	Did some drawing	Made up a new dance	Helped my parents with dinner	Listened to music
Spent time to watch the clouds	Read a book	Went for a walk	Told my family how much I love them	Cleaned my room
Started a journal	Made my bed	Spent some time in the sun	Called a friend	Painted some rocks

Say Thank You!

Is there something that you're grateful for?

Or a friend you appreciate? Maybe it's something that made you laugh today, or something you're glad you got to do!



**Write them down
on some paper and
stick them in the
Gratitude Jar.**

I AM
IMPORTANT!

I FEEL

I AM

I AM
HELPFUL!

I AM
KIND!

Positive affirmations

Say these little phrases whenever you're feeling down.

Can you think of any other nice things to say? Fill out the feeling clouds!

I AM
STRONG!

I AM
UNIQUE!

I'M THANKFUL FOR

I LOVE

I AM
LOVED!