

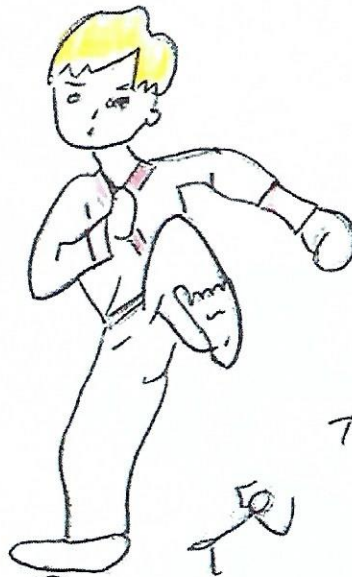
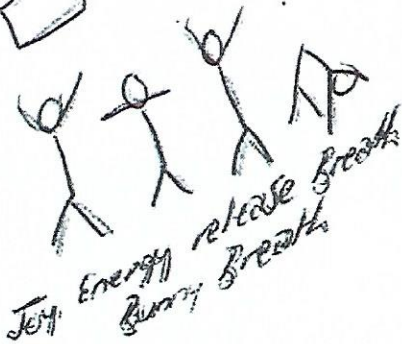
Mindfulness is; Being aware of or bringing attention to this moment in time, deliberately and without judging the experience.

ENVIRONMENT

BREATHE

PRESSURE MAD

2 BREATHE



2 MOVEMENT

PUSH, PULL, LIFT, CARRY - Emotional regulation.

3 TWO SIDES BRAIN



Connect RIGHT FEELINGS BRAIN TO REDIRECT LEFT THINKING BRAIN

4 STRATEGIES

- SEA WORTHIN
- HA RA - OM
- SA, TA, MA, MIA, MASH I BE Strong
- LISTEN TO THE BELL
- BODY SCAN
- Volcano - Yoga
- ACTIVITY YOU ARE GOOD AT
- MANTRA
- MIND IN A JAR

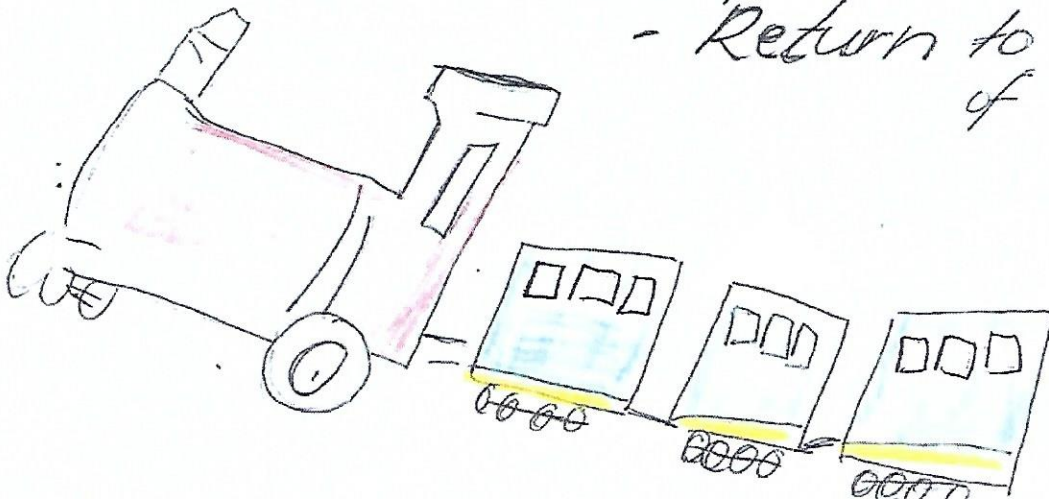
Opbirrett.
Greenie
20

Train of Thoughts



- As I Sit I Smile,
- hear the birds sing
- Water fall run
- Sun beaming on me
- I feel warm & Peaceful
- As I watch the train of thoughts
- Welcome each thought
- Say hello & good bye
- Return to your place of PEACE Island

within



CORRETT
Greening 2017

Space
Free...

Breath In...
Breath Out...



Mountain...
Strong...

Flower...
Fresh

Still Water...
Reflect

What I Be⁹

Strengths



Brain

Purpose

Experiences

Emotions

Body
Sensations

Nature

Inside feelings



Return to Self
Return to breath
Return to what
I be...

Cherrell
Greening
2017

Roots

