A MINDFUL MOMENT

Date: _____

TODAY I'M FEELING

ANGRY | TIRED | SAD | HAPPY | EXCITED | _____

MY POSITIVE AFFIRMATION

_____

_____

_____

3 THINGS YOU ARE GRATEFUL FOR TODAY

_____

_____

_____

TODAY'S HIGHLIGHT

_____

_____

_____

DESCRIBE TODAY IN A DRAWING

THINGS I HAVE SEEN AND LEARNT

_____

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