



How to be present

Being present means fully focusing your attention on what is happening right now, instead of thinking about the past or worrying about the future.

Notice:

I see:

I hear:

I smell:

I feel:

I taste:

Breathe:

Breathe in: 1,2,3,4

Hold: 1,2,3,4

Breathe out: 1,2,3,4

Hold: 1,2,3,4 Repeat

Gratitude:

Today I am thankful for.....

Today I am proud of.....

Today I learnt.....

Self-care:

To relax I will.....

To be happy I will.....

Positive reminders:

I am.....

I am.....



Create:

I will make.....

I will draw

Move:

I will stretch my.....

I will move my.....

