

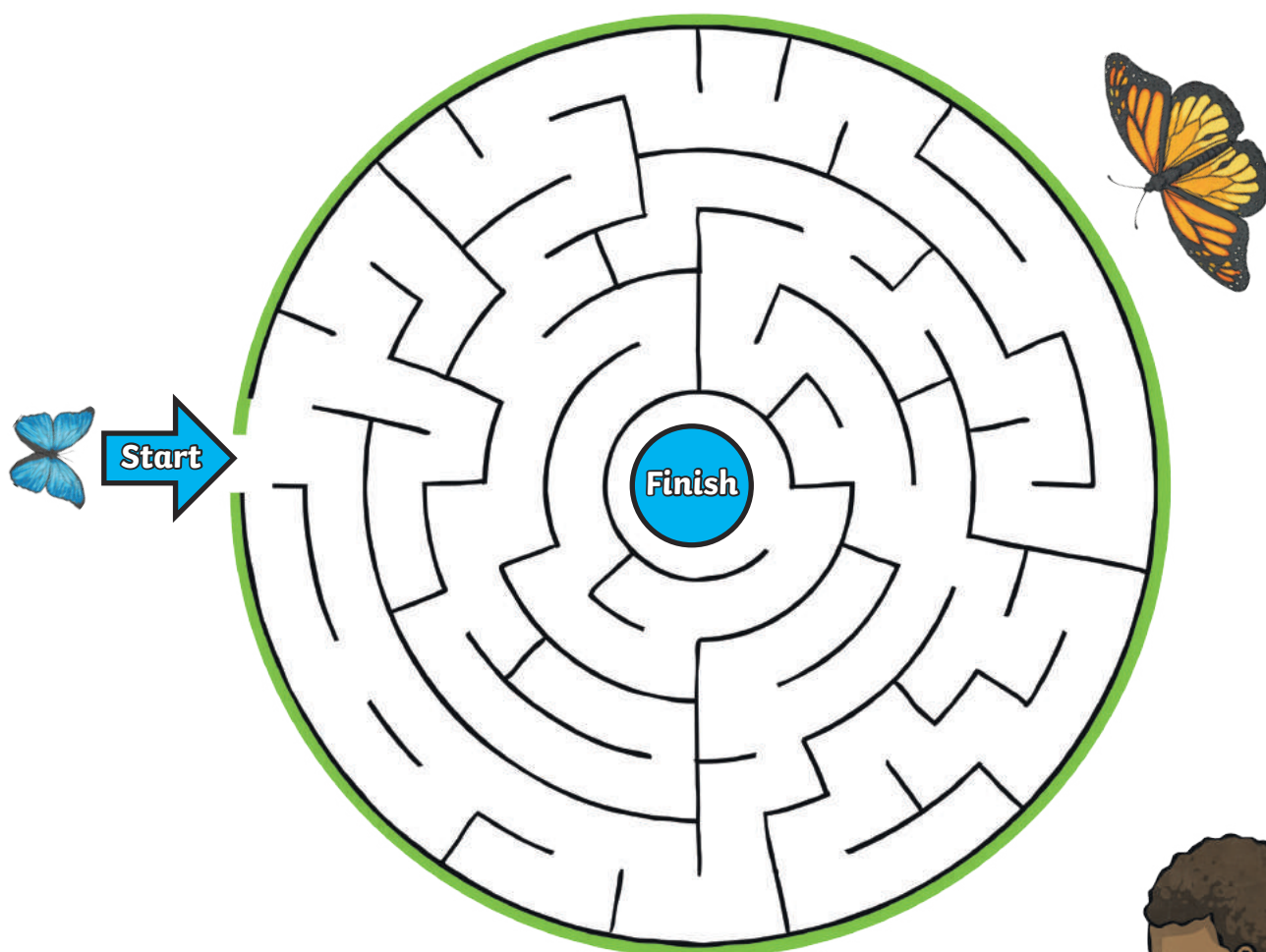
# Mindfulness Maze Activity

Taking a moment to be calm and relaxed during a busy day can help us to feel settled and happy.

We can use our breath in mindfulness to help us feel calm. Taking slow and gentle breaths, in and out, can help us to feel better if we are worried, frightened or sad.

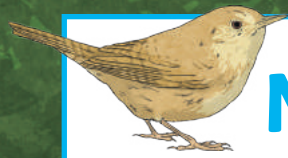
Mindfulness is also all about really noticing what we are doing, seeing and feeling in the present moment. This can help us to feel relaxed and content.

Complete the maze, making sure your breathing is relaxed and gentle. Pay attention to your pencil as it moves across the paper, really noticing how it feels and what it looks like.



Well done for taking a mindful moment! How do you feel?





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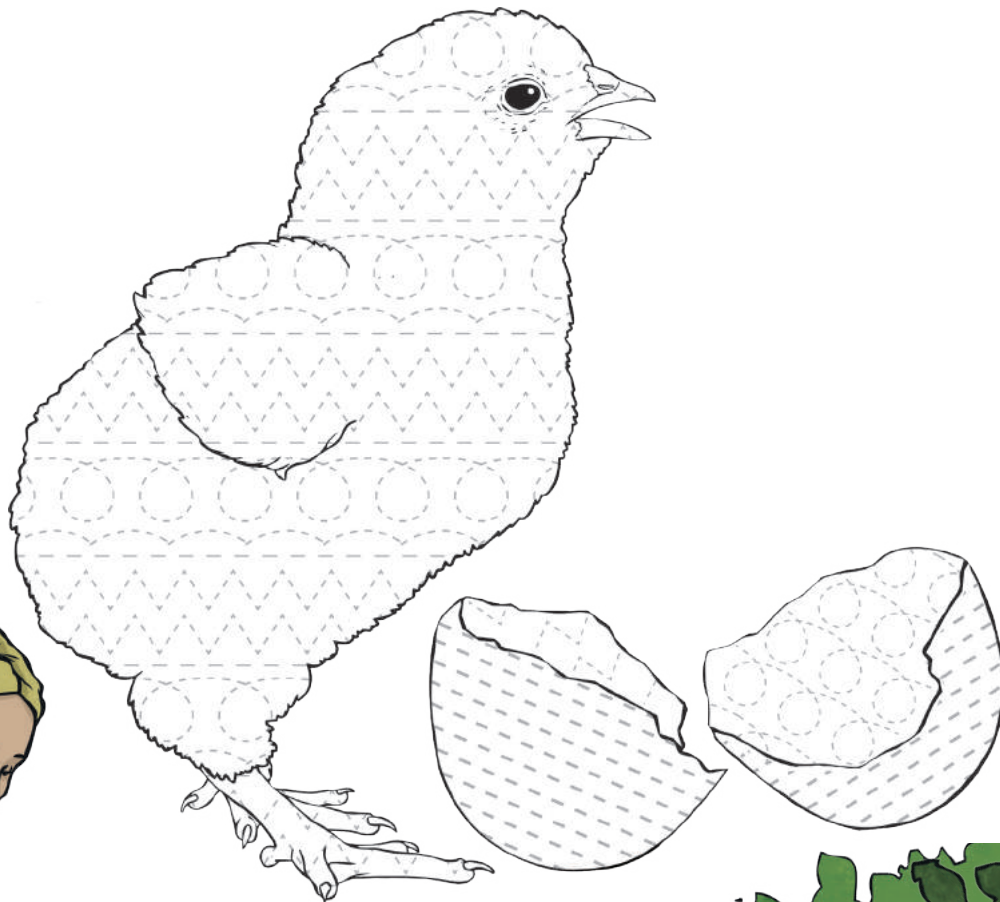


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**Well done for taking a  
mindful moment!  
How do you feel?**





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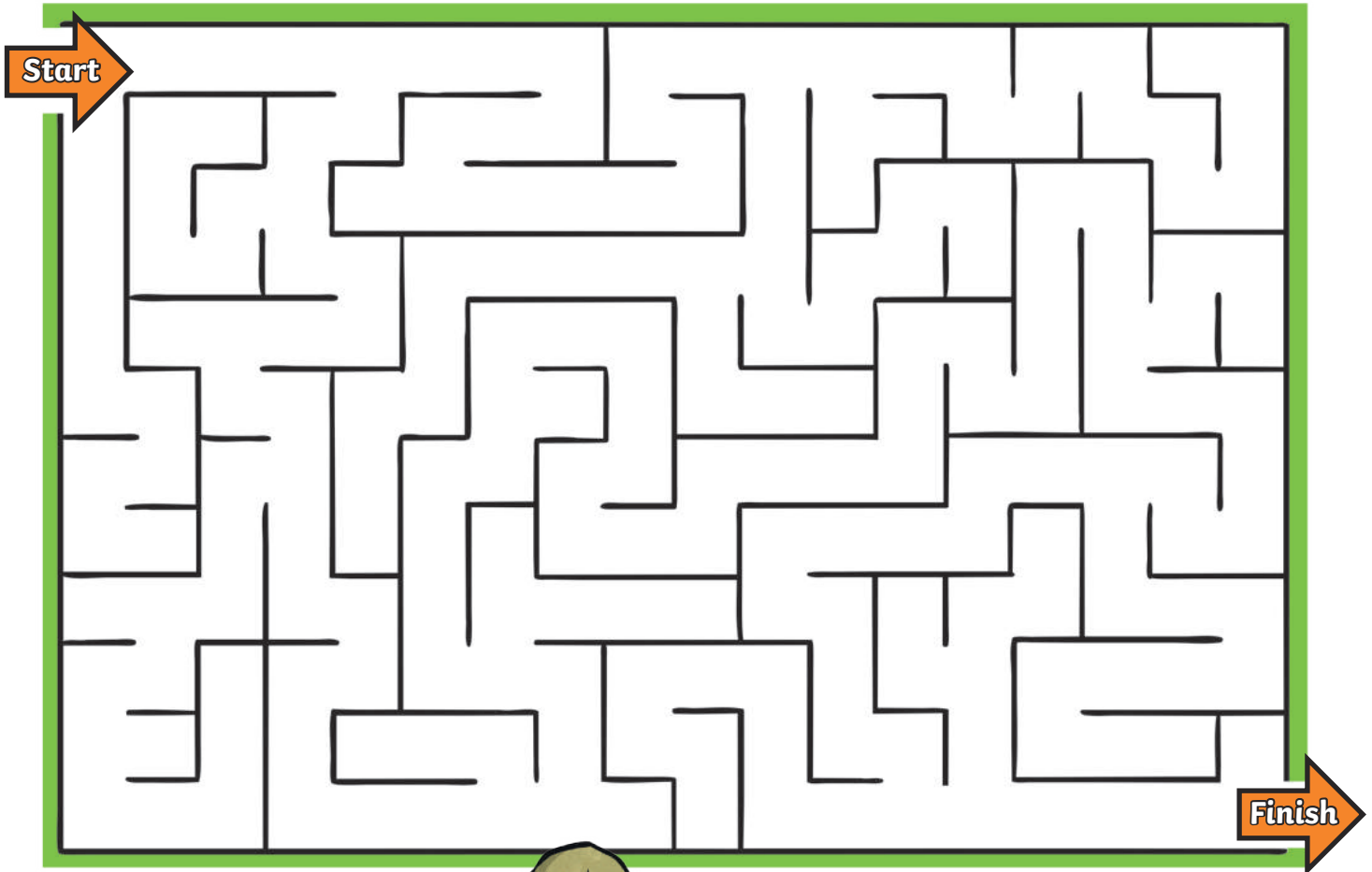


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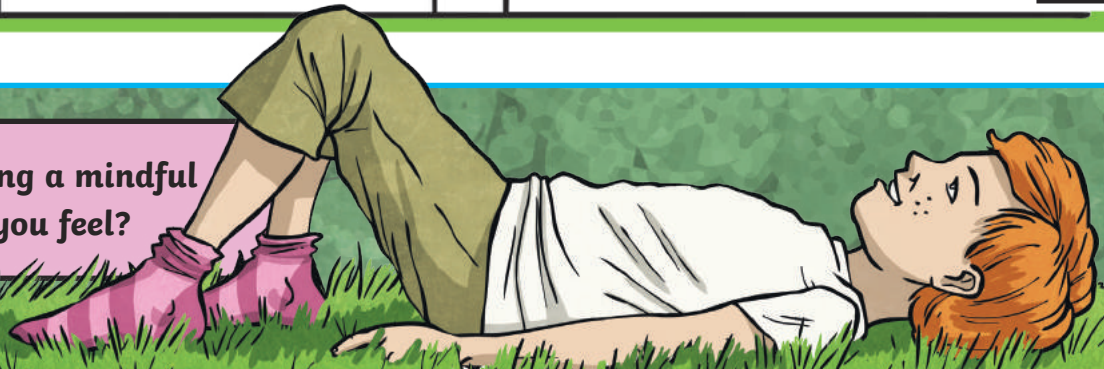
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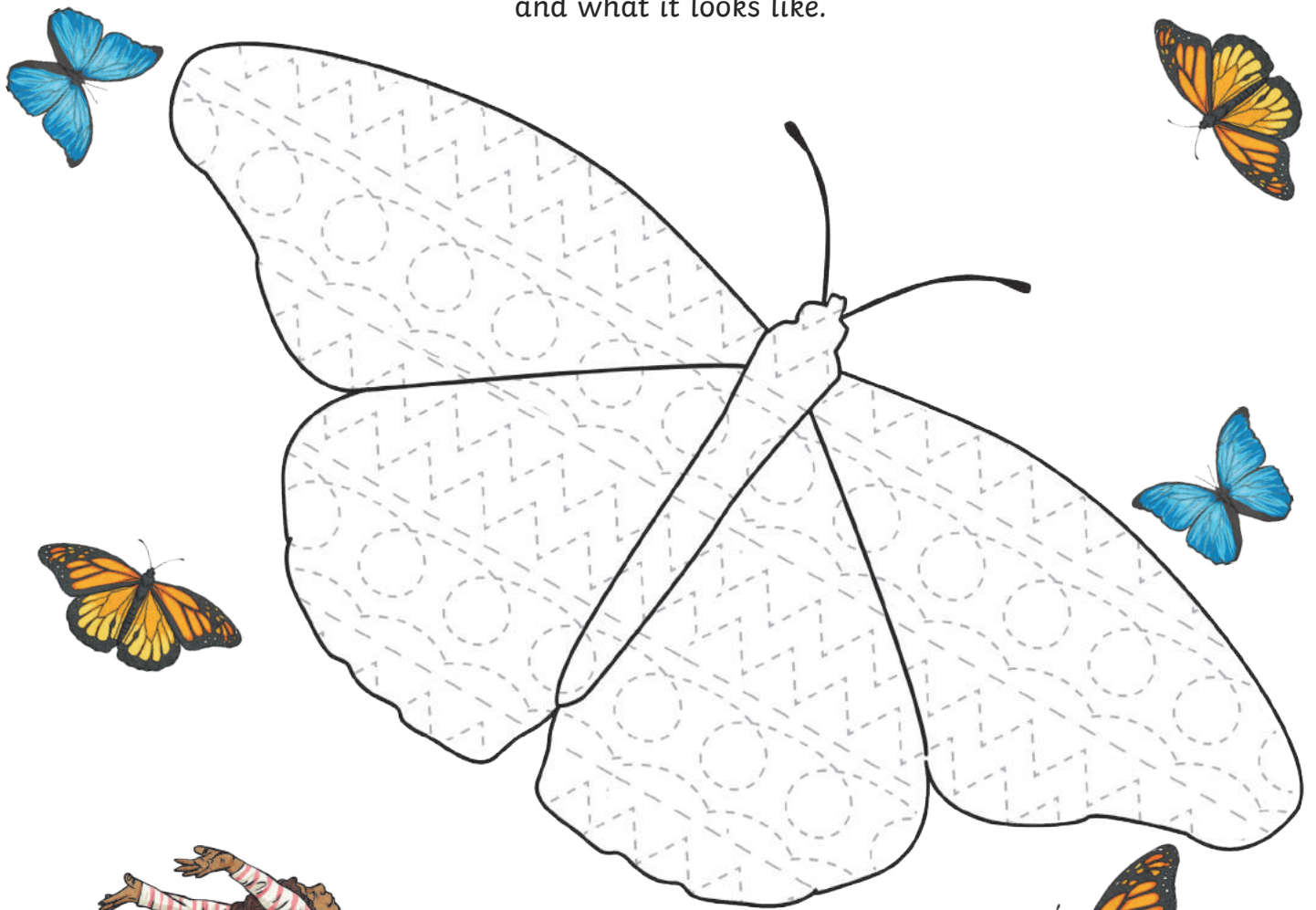


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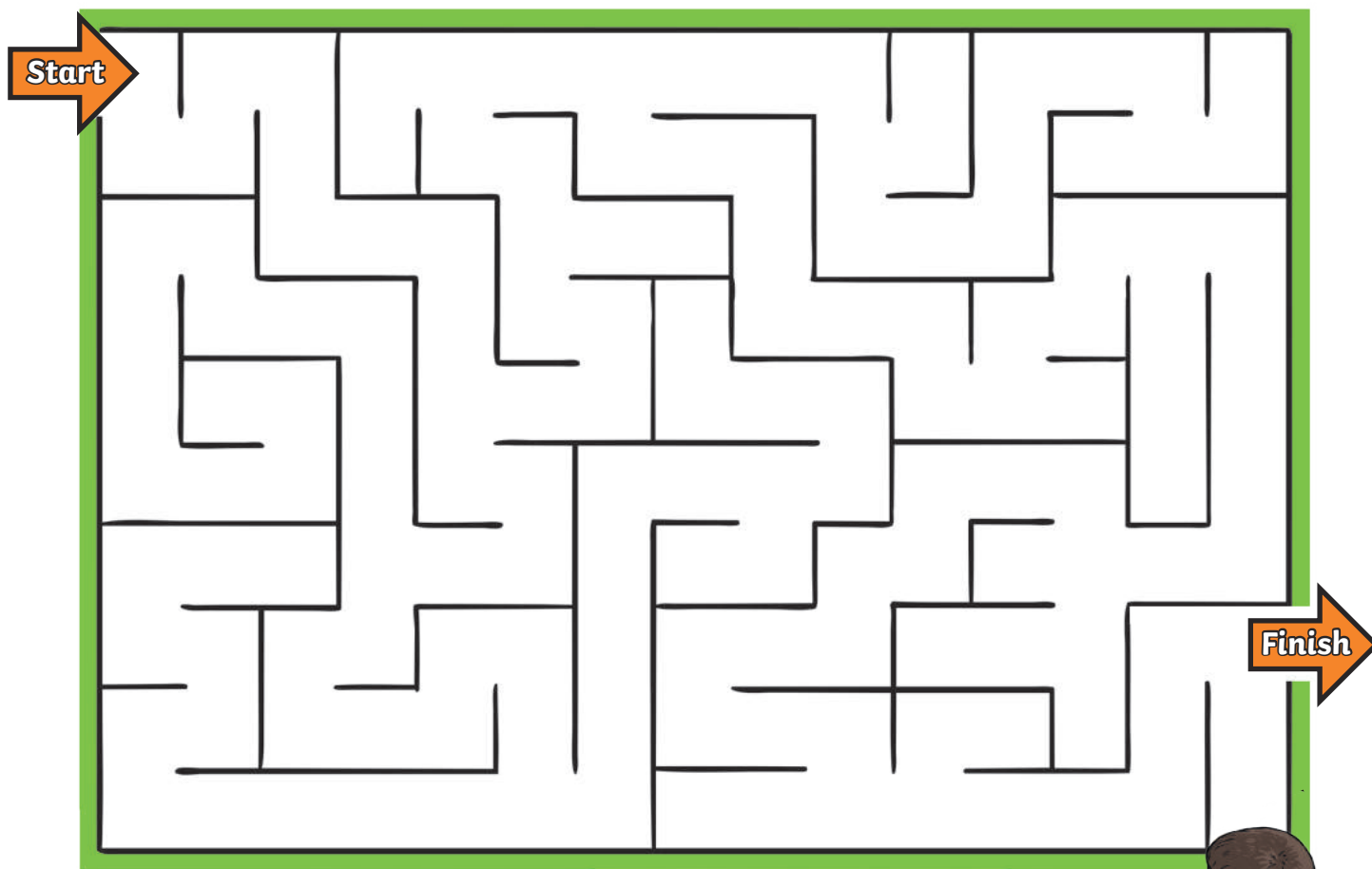


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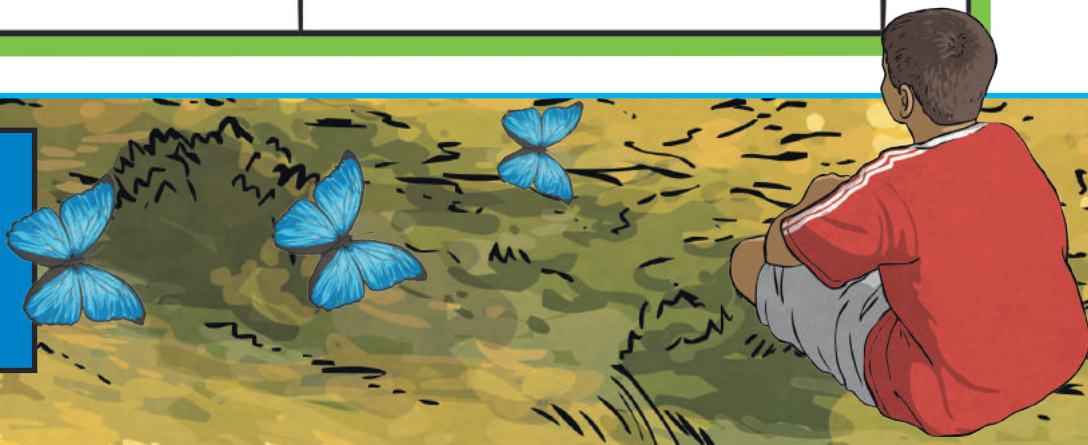
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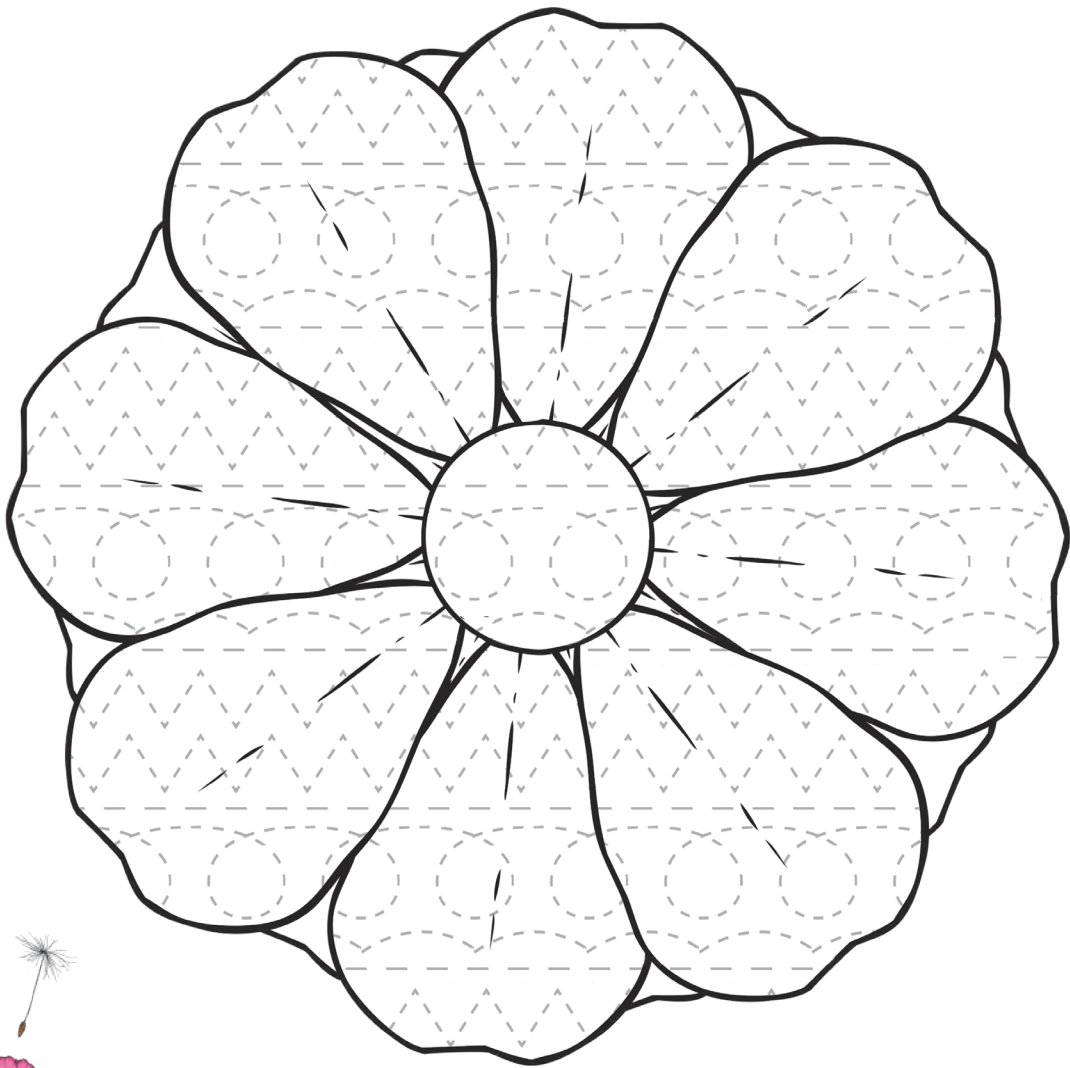


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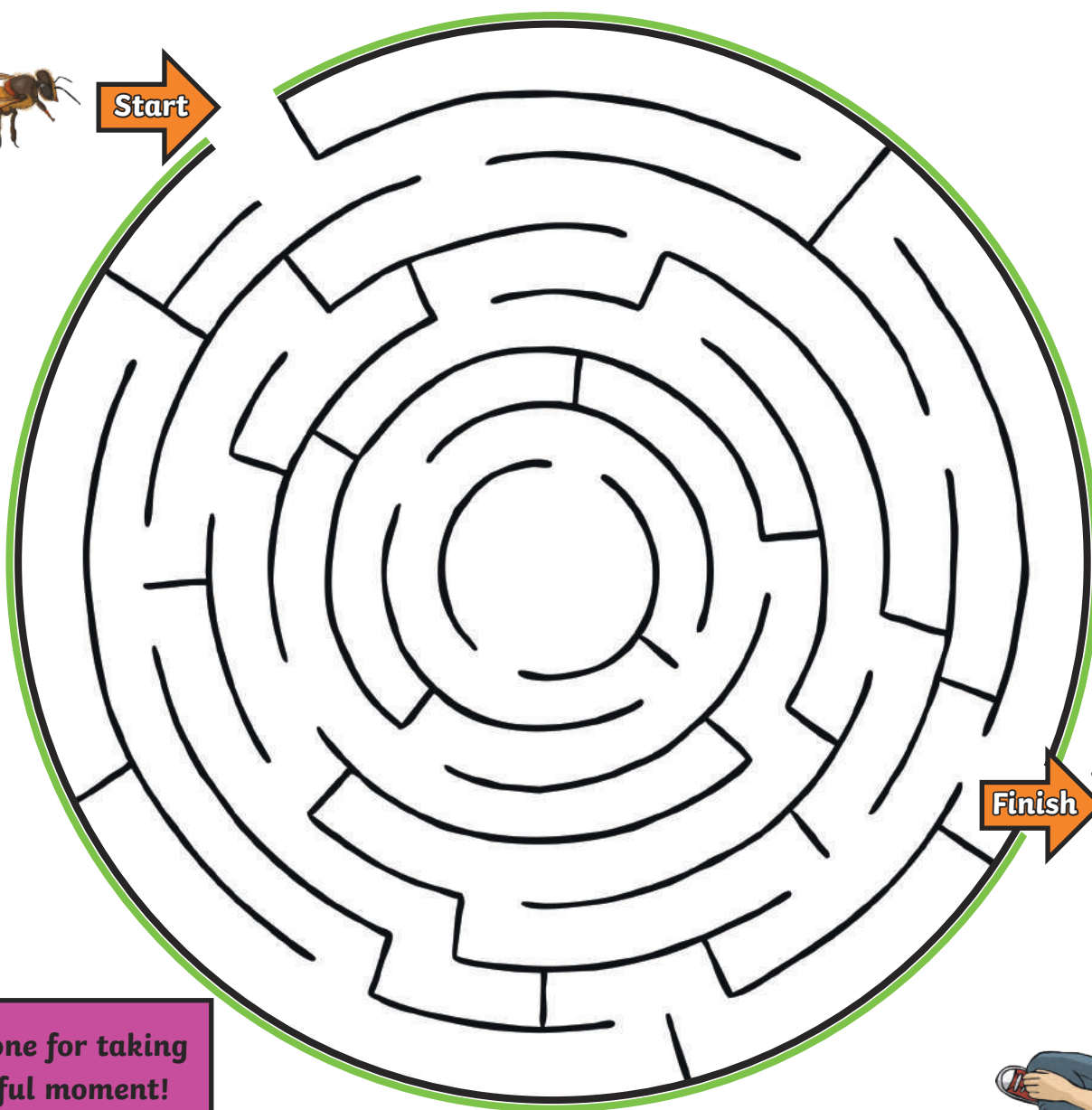
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Start



Finish



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