

Mindfulness with Pudsey Journal



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We have been experimenting with being mindful and focusing on the breath to help settle the mind. **Just take some time to write down or 'record' what you have noticed.**

What new or interesting things did you notice?

What feelings did you notice while being mindful and focusing on the breath?

What sensations did you notice?

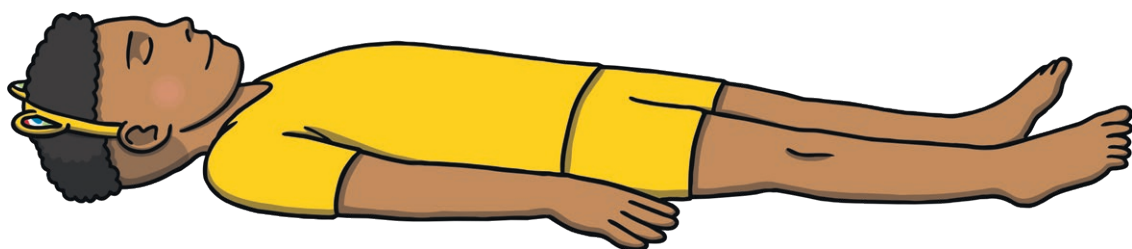


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How did it feel to be mindful and focus on the breath?
What words would you use to describe what you noticed?



Draw a picture that shows how it felt to be mindful
and focus on the breath.

