

Reflect, be present, look forward

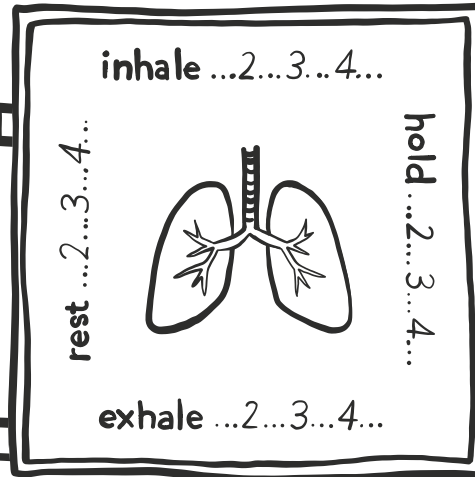
Reflecting:

Write or draw something that's
made you **feel good** this term

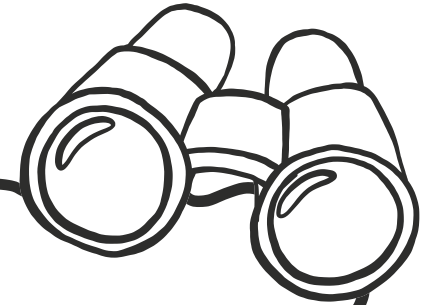
Write or draw something that's been
exciting and energising this term

Staying present:

Take a breath in for a slow count of four, then hold for a slow count of four, then breathe out for a count of four. We call this box breathing!



Looking forward:



What makes for a great day?

How can I do more of these things today?

What can I do differently so I have more time to do these things in the future?

What difference will doing more of these things make to me?

Staying present means being in the moment for as long as you can.

Try focusing on something tiny – a spec on your desk or something in the distance. After 1 minute fill in these spaces:

I see _____ and it is _____

It somehow reminds me of _____

I feel *(add an emotion here!)* _____

I'm noticing _____

