

UNWORRY ACTIVITIES



PEACEFUL PENCILS

Psychologists often recommend a technique called **MINDFULNESS** for anyone who might be worrying.

Mindfulness is all about focusing on small details in the here and now. Colour in this pattern, and as you do, only think about the things you can feel, hear and smell, right now. Go slowly, and deliberately, and take time to wrap yourself up in it.

Listen to the sound the pen or pencil makes as it brushes across the paper.

Notice the glistening wet ink of your pen, or the grain of the paper as your pencil draws across it.

Smell the pages of the book

Feel the ridges of your pencil, or the plastic barrel of your pen.

Smell the wood of your pencil, or the ink of your pen.

Feel the textures of this page under your fingers. Does it feel warm, or cool?