

MINDFUL FOR MUSEUMS

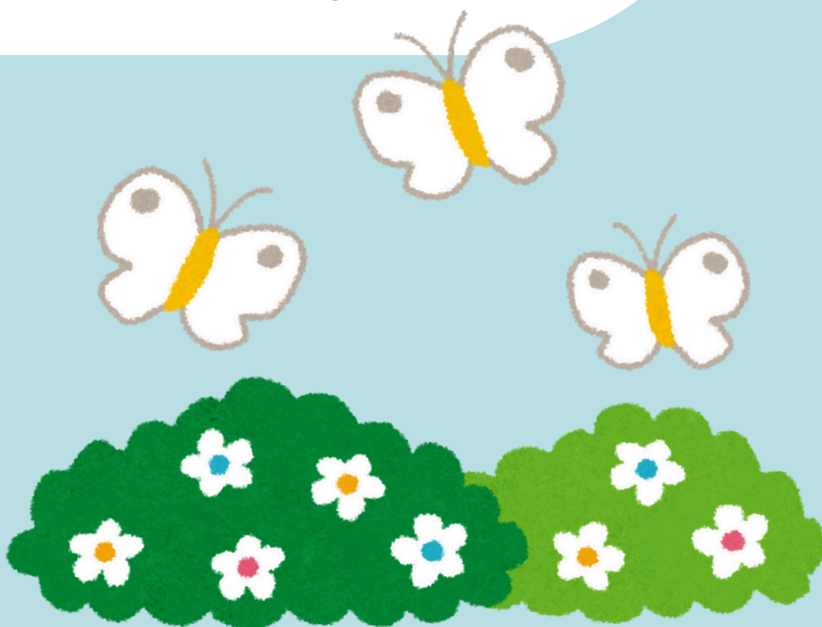
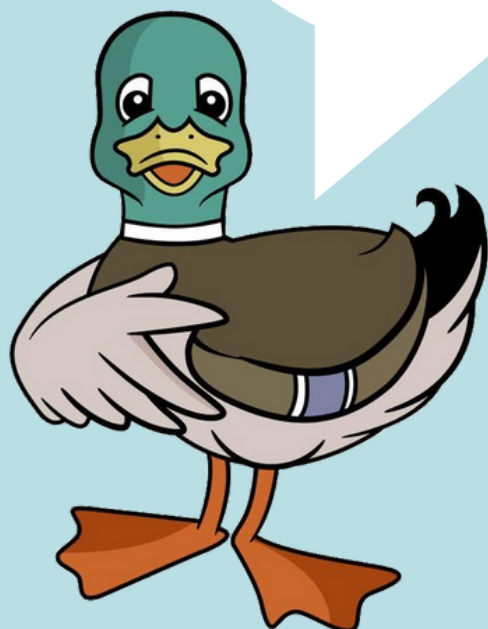


Are you feeling a
bit stressed out
and worried?

We've put together a 5 minute diary page
that you can fill in each day to help yourself now.
Enjoy our mindfulness practice with our lovely nature
surroundings at our Museum!

So what is mindfulness? Enjoy our
mindfulness practice with our lovely nature
surroundings at our Museum by life coach
Indra Jackson by clicking into the link:

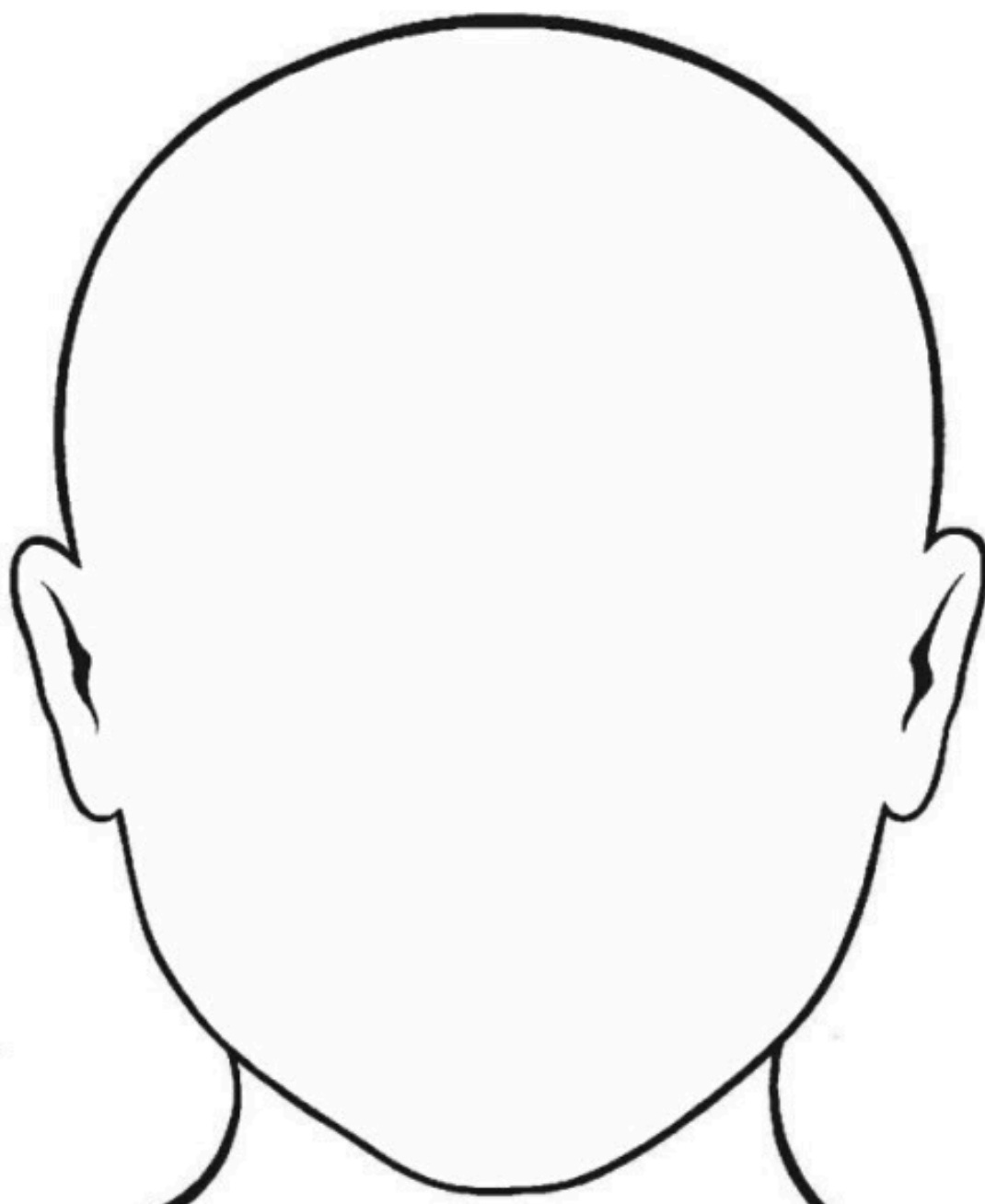
[Discover Mindfulness Through Nature](#)



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- Focus on you

Feeling a little overwhelmed? Take a moment to note down things you can smell, see, touch, hear and taste. Thinking about your senses like this can be a great way to relax your mind and ground yourself in the present.



Now think about each of these senses. Do any of them evoke strong happy memories for you? Let's focus on yourself and today.

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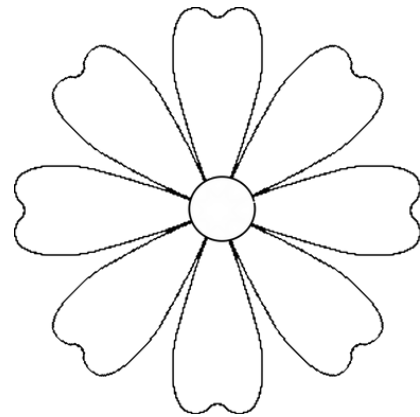
- Help your mind today

Today's date:

Three things that made me happy today:

- 1.
- 2.
- 3.

How am I feeling out of 8?
Colour in the petals!



One thing I accomplished today:

News from today that worried me:

News from today that inspired me:

One thing I'd like someone in the future to know about today:

What I did this morning:

What I did this afternoon:

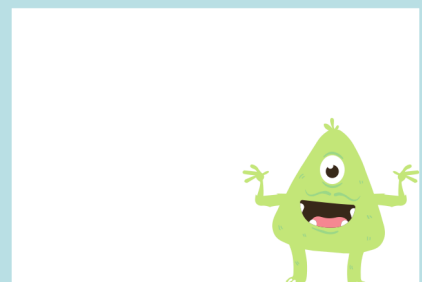
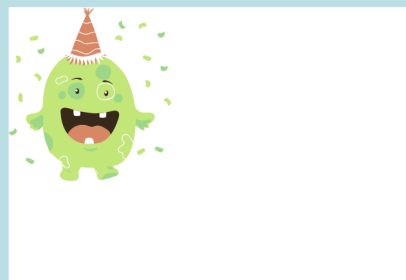
What I did this evening:

This section can be used for anything you like. Maybe you'd like to write a whole diary entry for the day, draw a picture, press a flower, record a recipe, glue a photo...

A large, empty white rectangular area for writing or drawing.

Cut this section off and throw away to get rid of the worries!

Worry monster!
Write things you are worried about here, and the worry monster will eat them all up!



MINDFUL FOR MUSEUMS FOR KIDS!

Today's date:

Write a story here about your day!
Call someone you don't live with
and tell them the story. (You might
want to draw a picture instead!)

Something active I have done
today:

Something new I have
learned today:

Something kind I have done
today:

Cut this section off and throw away to get rid of the worries!

Worry monster!
Write things you are
worried about here, and
the worry monster will
eat them all up!

