

5 Day Mindfulness Challenge

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5 DAY ELSA SUPPORT Mindfulness Challenge



Drawing or writing task –

Draw or write about what you can see, hear, feel, taste and smell

Talking or doing task –

Sit for 5 minutes and concentrate on one of your senses

Day 1

Drawing or writing task –

Draw or write about things you are grateful or thankful for

Talking or doing task –

Do something kind for someone

Day 2

Drawing or writing task –

Sit for 5 minutes and let your mind wander. Draw or write about your day dream

Talking or doing task –

Spend a few minutes each day daydreaming

Day 3

Drawing or writing task –

Design a mindfulness colouring pattern

Talking or doing task –

Colour in your pattern

Day 4

Drawing or writing task –

Visualise your happy place and draw or write about it

Talking or doing task –

Sit for 5 minutes each day imagining your happy place

Day 5



Day 1



Things I can see, hear,
feel, taste and smell



1.

2.

3.

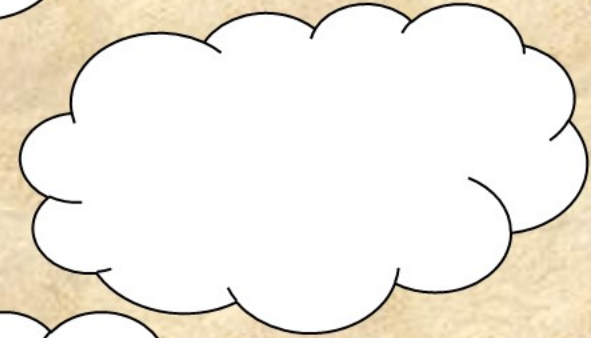
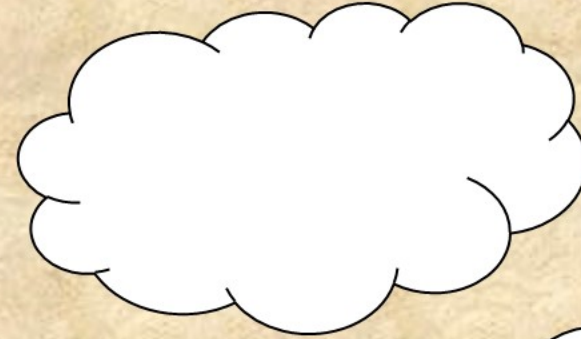
4.

5.

Day 2

I am grateful for
these things

These things make
me feel grateful



This is my daydream

Day 3



This is my mindfulness
pattern

Day 4





Day 5

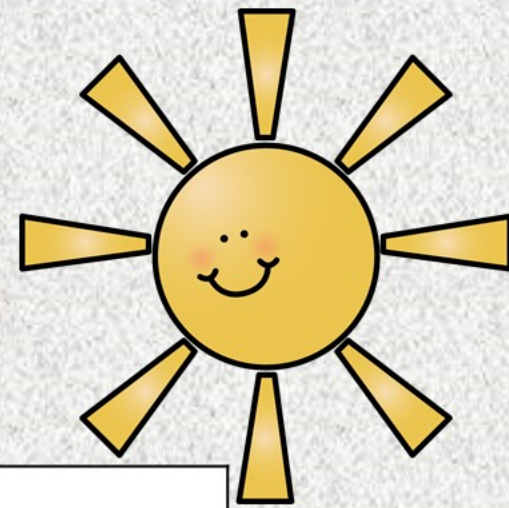


This is my
happy place





Did I do it?



Challenge	Yes or No
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	



CONGRATULATIONS

ON COMPLETING THE ELSA SUPPORT MINDFULNESS CHALLENGE

Signed: _____

Date: _____