

THEME: "I'M READY TO WELCOME IN CHANGE." MINDFUL ACTIVITIES FOR FAMILIES AND CLASSROOMS



The time has come for the seasons to change... To welcome in new beginnings...
And set intentions for the coming months ahead.

These last few months have been challenging... But you can put them behind you and look to the future. First, appreciate all that you are and all you have achieved so far. Take a moment to think about what you want the next few months to look like... And welcome in the change you want and need.

Think about the following questions...

How do I want to feel? What goal do I want to achieve?

What do I need? How can I take care of myself everyday?

You can set these intentions on your own or with your loved ones. And carve a path for the better. You just have to visualise it first.

May you be safe. May you be healthy. May you be loved.

Now breathe in... And breathe out...

We are here for you, for them.



MANTRA FOR CHANGE

"I am becoming the best version of myself.
Change will help me grow.
I am the architect of my life."



ACTIVITY

Create A Vision Board!



This can be on a big piece of paper that you fill with magazine cutouts of inspiring pictures or quotes, you can also write words down, and glue on photos or items you have gathered from nature. This should be filled with inspiration, and driven by what you want for yourself.



[HERE](#)



ACTIVITY

Things I Will Do More Of/Less Of



Make two columns on a piece of paper. On the left, write "Things I will do less of" and on the right, "Things I will do more of." Draw pictures or even write lists. Use this time to write down things that no longer serve you, so you can make space for everything that will support you through the coming months.



[HERE](#)



ACTIVITY: "THINGS I WILL DO LESS OF AND MORE OF"

Draw pictures or even write words down in the two columns. Write down things that no longer serve you in "Less Of", so you can make space for what you want "More Of" on the right. This can be completed as a family and will provide an opportunity to communicate with each other on what has been going well (or not so well). Encourage openness and understanding to thrive as a team through the coming months!

LESS OF

MORE OF





ACTIVITY: CREATE A VISION BOARD

Print and use this sheet, or find a big piece of paper that you fill with magazine cutouts of inspiring pictures or quotes, you can also write words down, and glue on photos or items you have gathered from nature. This should be filled with inspiration, and driven by what you want for yourself. Make this on your own, or complete as a group or family as a lovely afternoon activity!



VISION BOARD

