

Mindfulness with John 1.



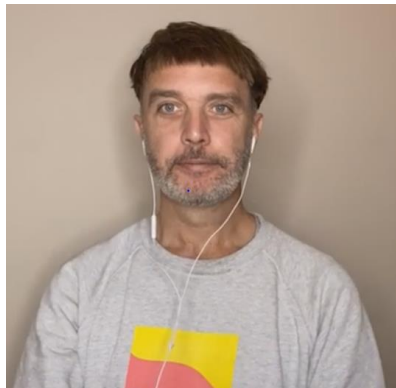
New Directions: Personal Expression and Creativity & Health & Wellbeing



Name:



Date:



Take five minutes to think of something that you feel grateful for today. Here are some ideas you can use to help you think of something that makes you happy:

- A person in your life that you appreciate.
- An activity or hobby you are grateful to be able to do.
- A skill or ability you have.
- An item that you love.
- Something that made you laugh.

Draw or write about one of these things that you are grateful for: