

Handwriting

Choose two of the following "Mindfulness Mantras" and make yourself a neat copy.
Take some time to decorate it and try to memorise it!

**I am smart!
I am special!
I can do hard things!**



**I can make good choices!
I can listen to my teachers!
I'm going to have a great day!**



**I am awesome!
I am unique and special!
I believe in me!**



**I am kind!
I am a good friend!
I can help others!
Kindness is my superpower!**



**I am calm!
I am happy!
Today will be a fun and happy day!**



**I believe in myself!
I can work hard!
I can accomplish anything
I set my mind to!**



**When I feel angry or mad,
I stop and take a break.
I breathe in and out.
I feel myself becoming calm.**



**I am a good person,
even if I am angry.
I can calm myself down.
I'm in control!**



**Breathe in and smell the flower.
Breathe out and blow the candle out.
I am calm.**



**Hands on my head,
it's time to focus.
Hands on my ears,
it's time to listen.
Hands on my heart,
it's time to be still.**



**I put my hand on my heart and feel it beat.
I focus on the breaths I take in and out.
I make my body very still.
I am focused and ready.**



**I am creative!
I can use my imagination to create amazing things.
I can create something awesome today.**

