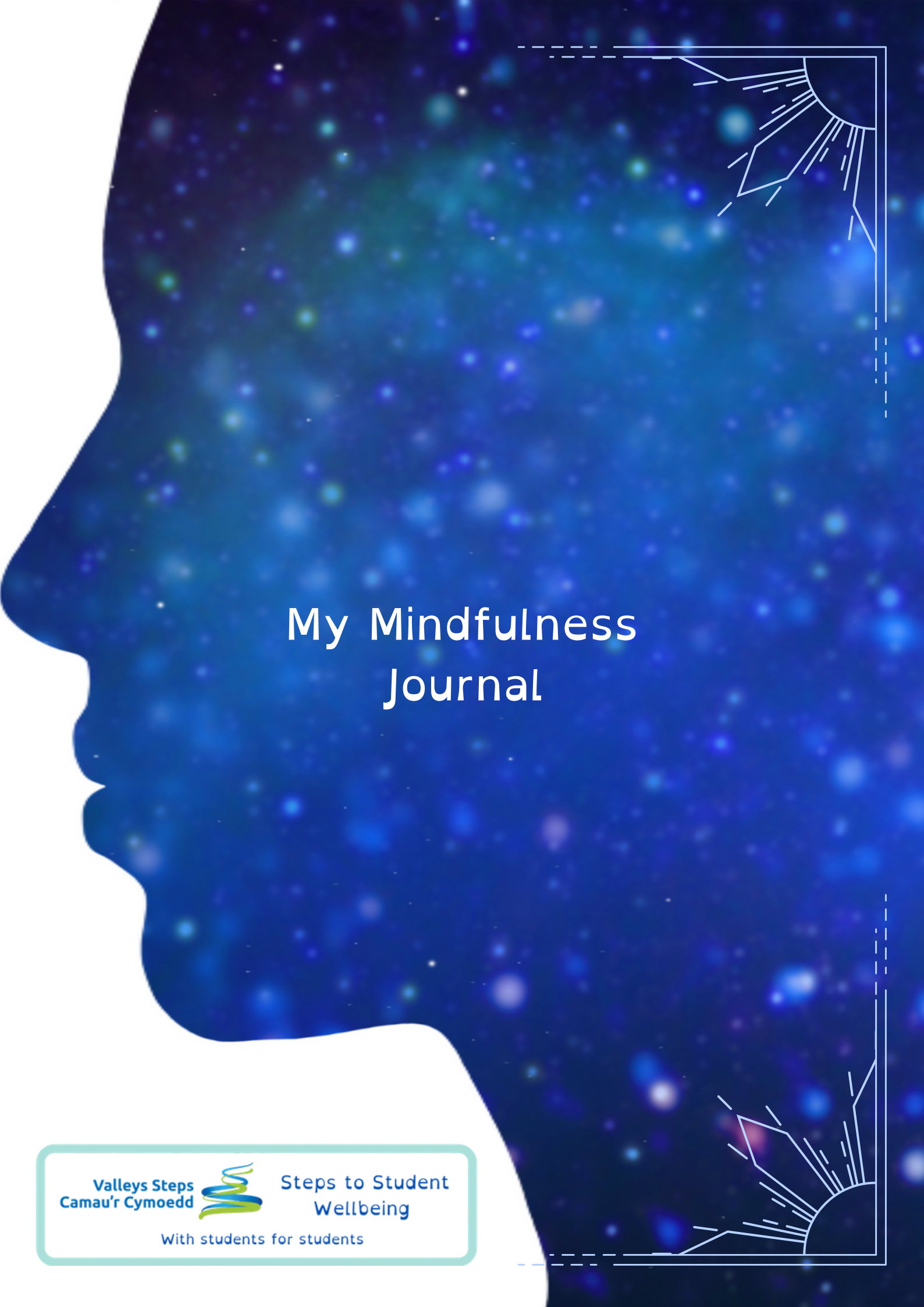
My Mindfulness Journal



Valleys Steps
Camau'r Cymoedd

Steps to Student Wellbeing

With students for students

Mindfulness Journal

What did you do?	What did you notice?
E.g. I brushed my teeth mindfully E.g. I did a 5 minute practice	E.g. I noticed the sensation of the brush on my teeth and gums, and the minty taste E.g. I noticed my mind wandered a lot today

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This journal was developed as part of the Steps to Student Wellbeing Project

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