



## Making a Wellbeing Tool Box

Click on the following link and watch the two videos on mindfulness.



<https://www.bbc.co.uk/newsround/47243692>



For our mindfulness session we are going to make a wellbeing tool box of our own. Find an old, unused box and decorate it. Then put items inside it that will help you to feel relaxed, happy and special. You can keep adding items to the box and use the different tools when want to.

Some of the tools in your box could be: small cuddly toy, feather, diary, note book and pencil, photos.

