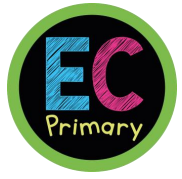


MINDFULNESS AND ME

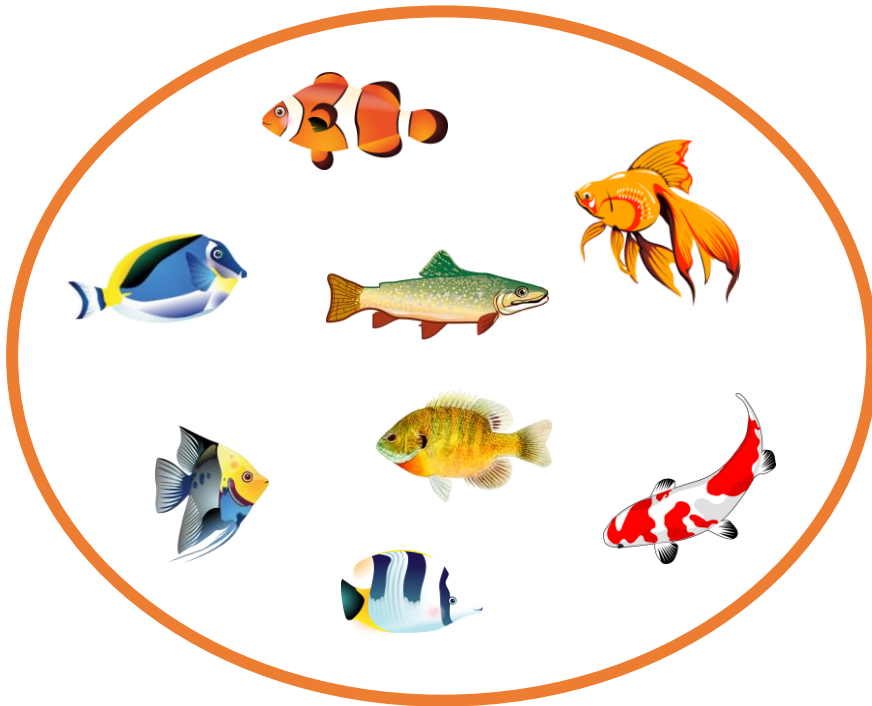
[Video link](#)



Be the Pond

We all experience emotions. Sometimes we are happy, sad, scared and excited. Some of our emotions are positive, while others are negative. When we practise mindfulness, we acknowledge our emotions as they happen. We allow ourselves to accept our feelings without becoming consumed by them or actively trying to get rid of them. We allow ourselves to feel how we feel without judgement and allow our feelings to pass naturally. 'Be the pond' is a helpful mindfulness technique that helps us to do just this. Watch the video and then complete the activity below.

What's in your pond?



Label the fish with your feelings

Explain how 'being-the-pond' can help us to manage our feelings.
