

## Marvellous Mindfulness

How could mindfulness help us to cope in the following scenarios?

"My little sister is being really annoying, she keeps singing that awful song over and over again. She knows that I don't like it but she won't stop!"



"I feel so embarrassed! I just called Mrs Jones mom in front of the whole class! They all burst out laughing at me."



"Ugh! That's disgusting! There's no way I'm eating that!"



## Marvellous Mindfulness

How could mindfulness help us to cope in the following scenarios?

"Ha ha! That's so funny! I'm crying! I need to calm down before I get into trouble with Mr Saleh."



"Oh no! It's my turn to do the next presentation! I don't think that I can get up there and talk in front of everyone."



"Right, I've got my maths homework, science project, and my reading to do. Oh no, I thought I'd already done that, I'm getting all confused."

