

HOME PLAY WEEK ONE

1. STOP, BREATHE and CHECK IN at least 3 times daily
2. Practise the 5 senses simple mindfulness technique and another meditation of your choice.
3. Write down one good thing that has happened throughout your day, how did it make you feel, what thoughts did you have, how do you feel now when you are writing it down?

<i>Day</i>	<i>Good Experience</i>	<i>How did you feel?</i>	<i>What thoughts did you have?</i>	<i>How do you feel writing it down?</i>
MONDAY				
TUESDAY				
WED				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

There are no right or wrong answers. Just go with what feels right for you. It is okay not feel okay, or even not fill this in. No pressure whatsoever!