

# Mindfulness Balloons

Taking a moment to be calm and relaxed during a busy day can help us feel settled and happy.

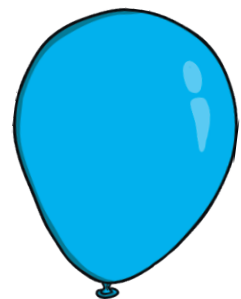
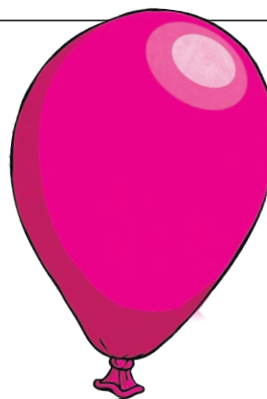
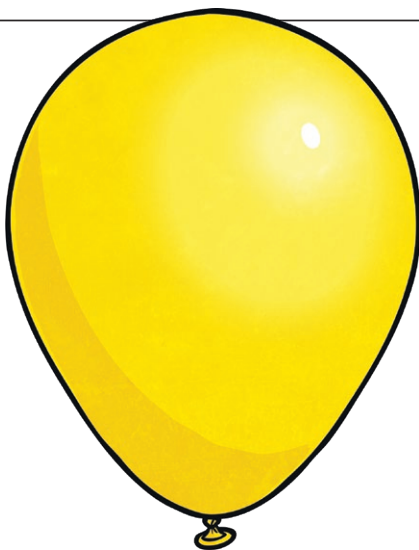
Taking slow and gentle breaths, in and out, can help us to feel better if we are worried, frightened or sad.

Imagine you are blowing up a balloon – take a gentle, deep breath in and slowly breathe out to fill up your imaginary balloon. Tie a knot in the end and tie on a string.

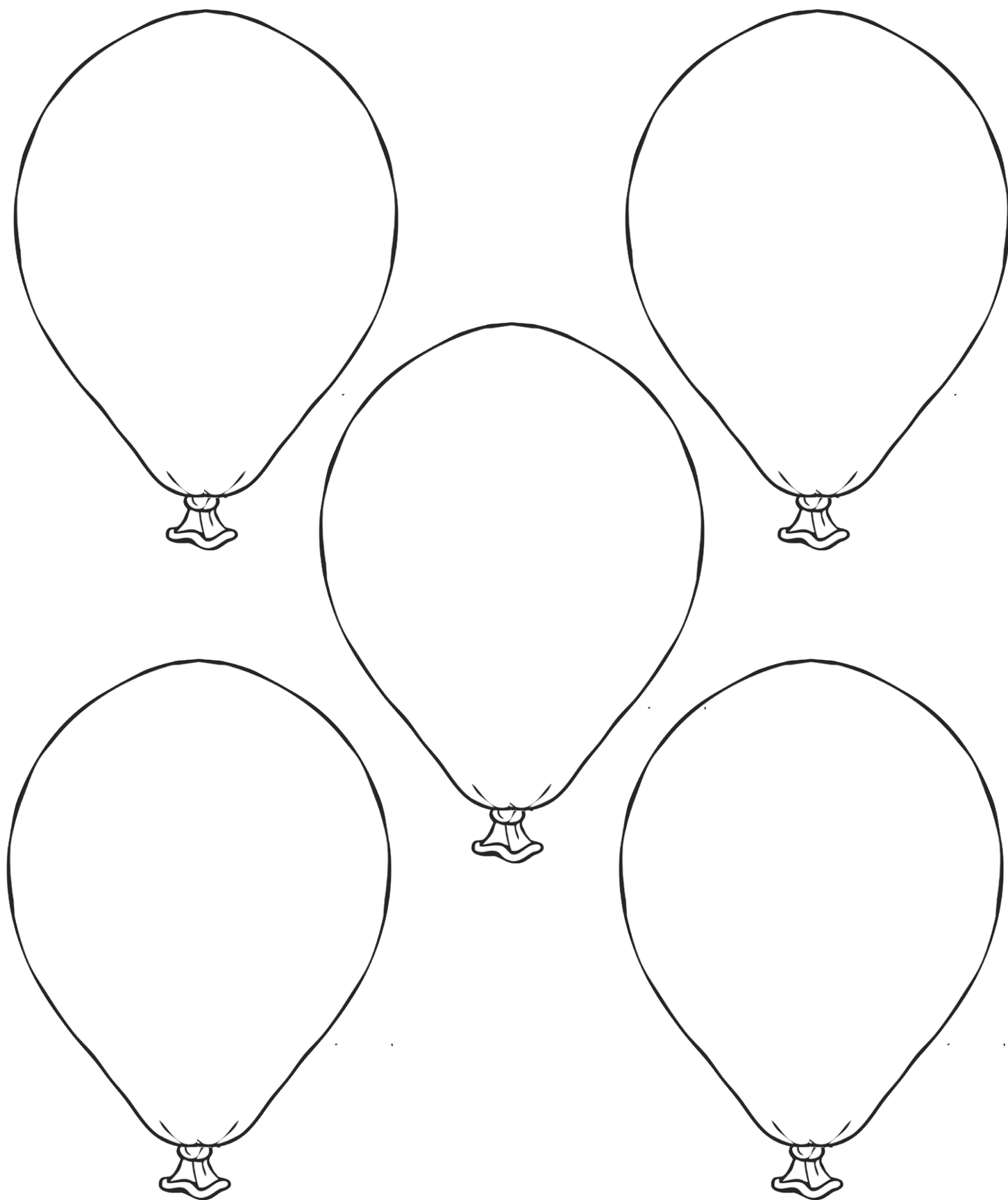
As you hold on to the balloon, watch it flying high in the sky. As it gently blows in the warm breeze, just watch it. As you watch it, think of something that makes you happy.

Blow up some more balloons and think of some more things that make you happy. Enjoy feeling calm and relaxed.

Thinking of things that make us happy can help us to have a positive day. It is a good way of looking after our mental health and wellbeing too!



On the balloons below, draw or write the things you thought about that make you happy.



Well done for taking a mindful moment in your busy day! How do you feel?