



# MINDFUL EBOOK

4 week activity book



BELIEVE IN  
YOURSELF

oh what  
FUN

enjoy!

NEVER  
Give up

KEEP  
ON GOING

You  
Can!

YOU  
matter

love  
wins

# Monday

## Random Acts of Kindness Ideas

1. TELL YOUR PARENTS YOU LOVE THEM
2. DRAW A NICE PICTURE FOR A NEIGHBOUR.
3. TELL SOMEONE YOU ARE HAPPY TO SEE THEM.
4. READ A BOOK TO YOUR PARENTS/SIBLING
5. LEAVE A NICE NOTE FOR YOUR NEIGHBOUR.
6. WRITE A THANK YOU NOTE FOR YOUR PARENTS.
7. MAKE A SNACK FOR A FAMILY MEMBER
8. CLEAN YOUR ROOM.
9. HELP YOUR PARENTS TIDY UP.
10. TELL A JOKE TO MAKE YOUR FAMILY LAUGH.
11. SAY SOMETHING NICE TO SOMEONE.
12. SAY THANKS TO YOUR PARENTS FOR DINNER.

*Active, Healthier, Happier!*

# Tuesday Growth Mindset

Things I must  
let go of

Things I can  
work on

I just  
can't do  
this.

I am  
going to  
train my  
brain.

I will never  
be smart.

I can learn  
how to do  
this.

Plan A  
didn't  
work.

I can  
try plan  
B.

I am not  
good at  
this.

I will try  
after a  
break.

I can't  
make it  
any  
better.

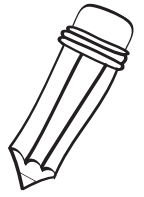
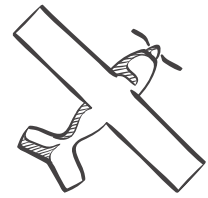
What am  
I missing.

I  
give  
up.

I can  
keep  
trying.

# Wednesday

## REFLECTIVE DRAWING

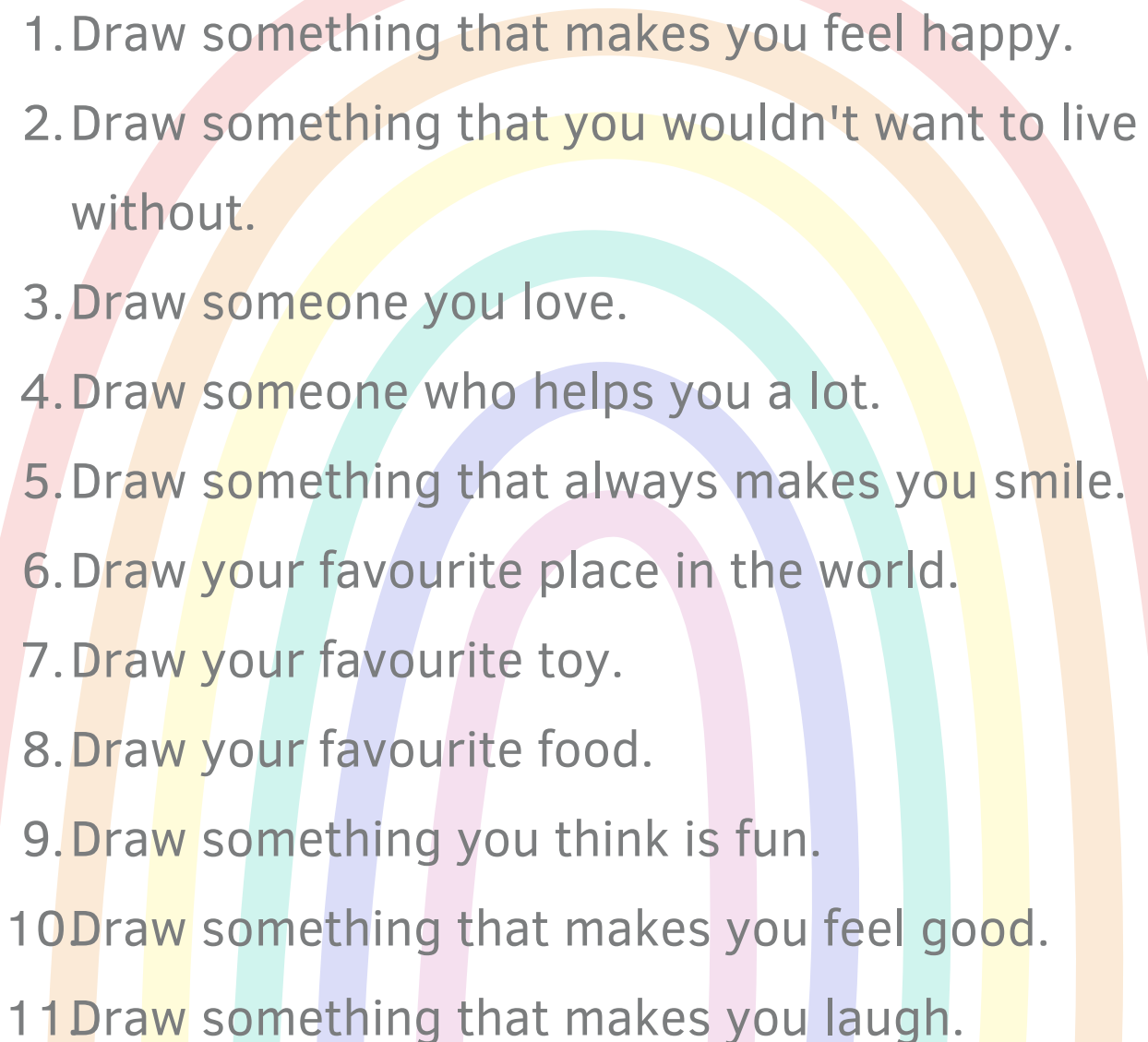


Think about your favourite place in the world to visit.  
Can you draw it below?

How did it make you feel when you were here?

# Thursday

## Gratitude Focused Drawing

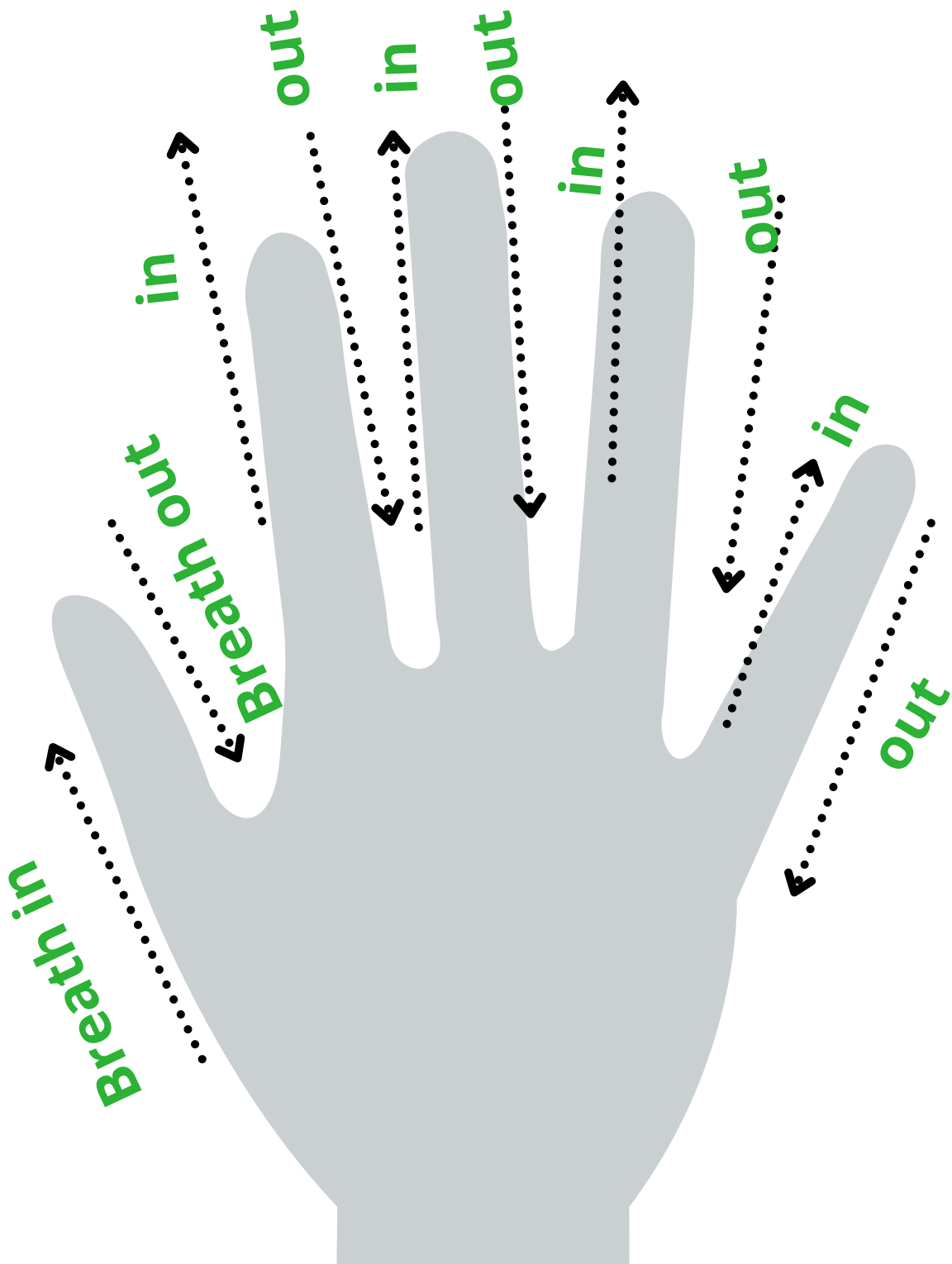
1. Draw something that makes you feel happy.
  2. Draw something that you wouldn't want to live without.
  3. Draw someone you love.
  4. Draw someone who helps you a lot.
  5. Draw something that always makes you smile.
  6. Draw your favourite place in the world.
  7. Draw your favourite toy.
  8. Draw your favourite food.
  9. Draw something you think is fun.
  - 10 Draw something that makes you feel good.
  - 11 Draw something that makes you laugh.
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# Let It Go Fridays

Find a quiet place.

When breathing in close your mouth & breath in through your nose. Fill your lungs and slowly breath out through your mouth. Let your worries go from the week.





# Monday

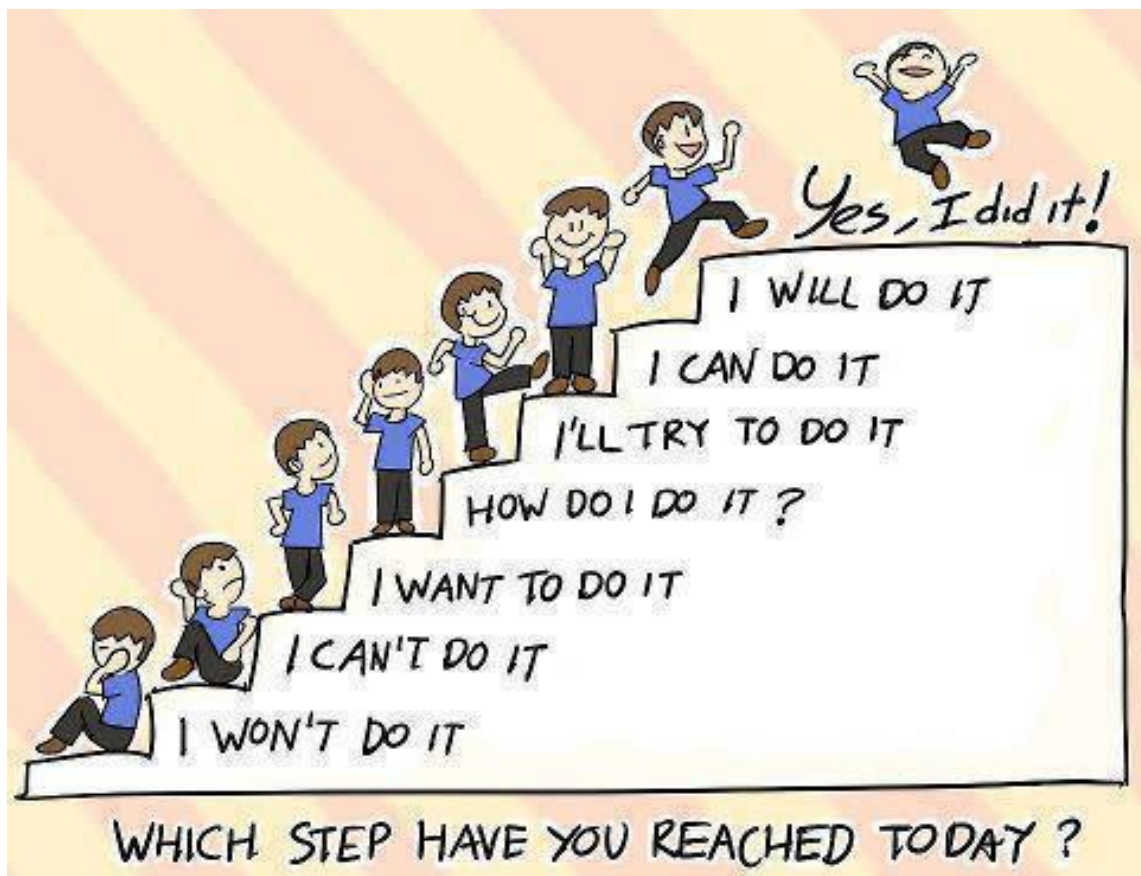
## Random Acts of Kindness Ideas

1. INVITE SOMEONE NEW TO PLAY WITH YOU.
2. WRITE A NICE NOTE FOR A FRIEND.
3. GIVE A FRIEND A COMPLIMENT.
4. WRITE A NICE NOTE TO YOUR TEACHER.
5. GIVE YOUR TEACHER A COMPLIMENT
6. WRITE A NICE NOTE TO YOUR PARENTS.
7. HELP YOUR PARENTS AROUND THE HOUSE.
8. THANK YOUR PARENTS FOR MAKING YOUR DINNER.
9. HOLD THE DOOR OPEN FOR SOMEONE.
10. GIVE A FRIEND A HUG.
11. DRAW A NICE PICTURE FOR SOMEONE.
12. SAY GOOD MORNING TO YOUR PARENTS AND TEACHERS.
13. CHEER UP A FRIEND WHO IS SAD.
14. READ A BOOK TO A FRIEND.
15. HELP CLEAN UP IN THE CLASSROOM.
16. HELP CLEAN UP AROUND YOUR HOUSE.
17. GIVE YOUR GRANDPARENTS A PHONE CALL.

*Active, Healthier, Happier!*

# Tuesday Growth Mindset

Have a chat with someone at home about what went well today.  
Write it in the space below or draw a picture.

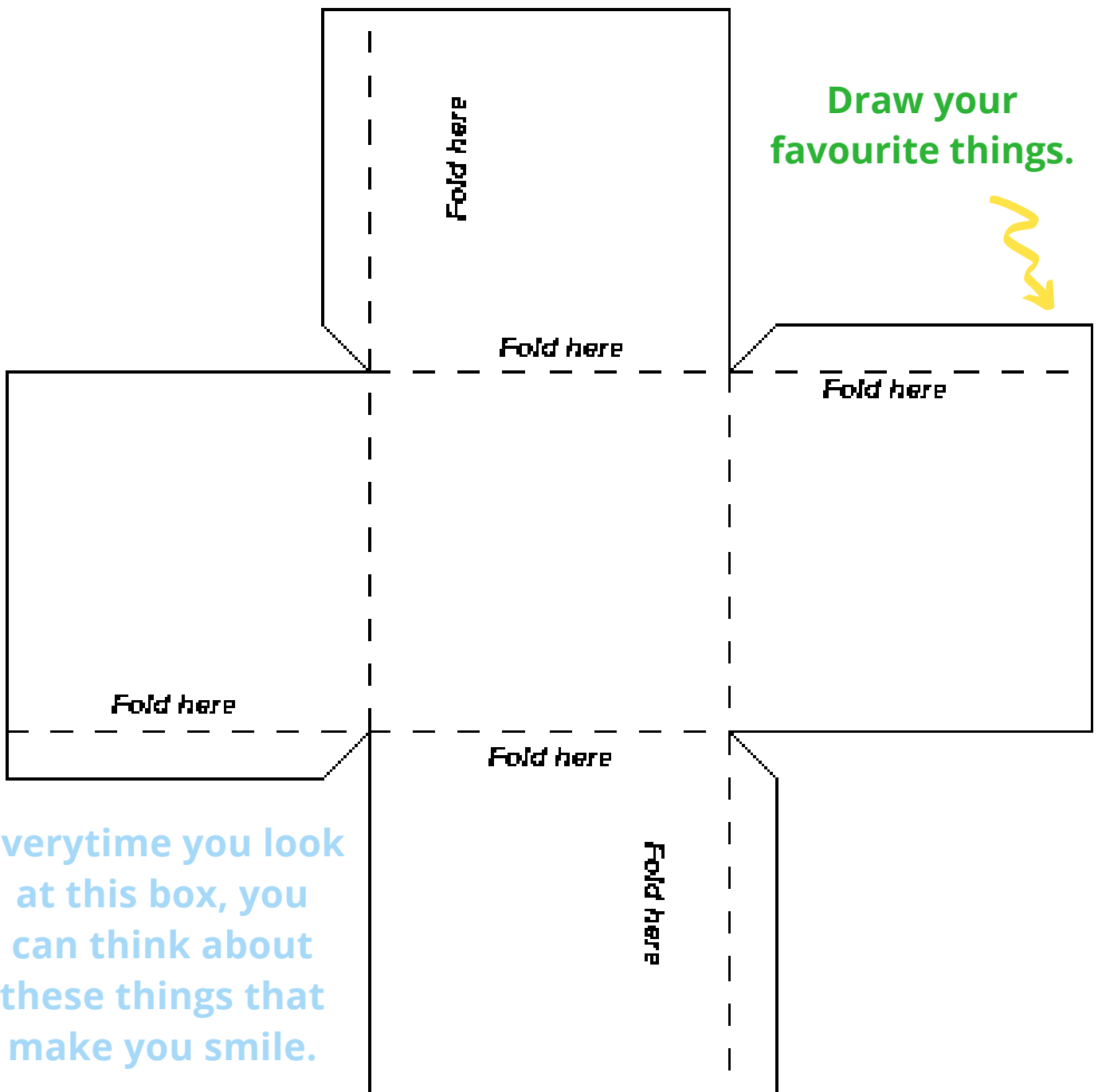


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# Wednesday

## MY REFLECTIVE BOX



# Thursday

Think about different people, things, places, food etc. that you are grateful for. Write them on a piece of paper and put them in an empty Jar. You can look at these whenever you are feeling down.



# Let It Go Fridays

What are some anxious thoughts that you need to let go?

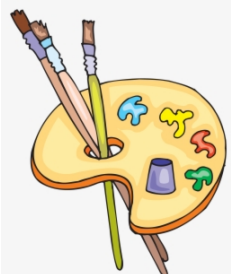
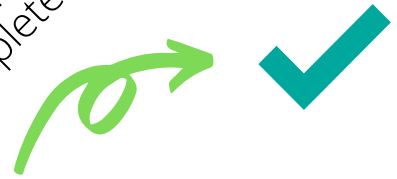
Write them in the balloons



# Monday

## Random Acts of Kindness Ideas

Tick when completed



Draw a nice picture for someone.

Completed



Tidy your room without being told.

Completed



Make a nice gift for someone.

Completed



Use chalk to write positive messages outside your house.

Completed

# Tuesday Growth Mindset

Write down 3 things that you can do.  
Write down 1 thing you would like to do  
but can't yet.

I can \_\_\_\_\_

I can \_\_\_\_\_

I can \_\_\_\_\_

I can't \_\_\_\_\_ ***YET!***

Do you need help to be able to do this?  
A bit of practice or support will help.





# Wednesday

## calming strategies



Read a book.

Go for a walk in  
the park



Have a bubble bath

Listen to  
music



Bake something  
you love.



Watch your favourite  
movie.



Call your family  
members.



# Thursday Gratitude Game

Pick 6 coloured pencils matching the colours below.  
Play with a friend or parent.  
Each choose a colour and answer the question!



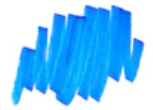
Name a person you are thankful for.



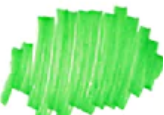
Name a place you are thankful for.



Name something inside you are thankful for.



Name something outside you are thankful for.



Name a food you are thankful for.



Name something fun you are thankful for.



# Let It Go Fridays

Scribble your  
worries away.



Get a page , some pencils or crayons  
Scribble all your worries  
from the week away

Monday

# Random Acts of Kindness Ideas

List 10 things you love about your parents and give this to them.

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....

# Tuesday

## Helpful Thoughts...

Think of a situation that makes you feel nervous or anxious write this in the blue bubble In the yellow bubbles, write down a few helpful, positive thoughts that will make it easier.





# Wednesday

## Daily Reflections

What was the best thing that happened today?

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What are you looking forward to tomorrow?

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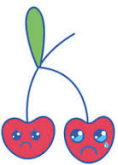
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What didn't go so well today?

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# Thursday

## Gratitude Scavenger Hunt

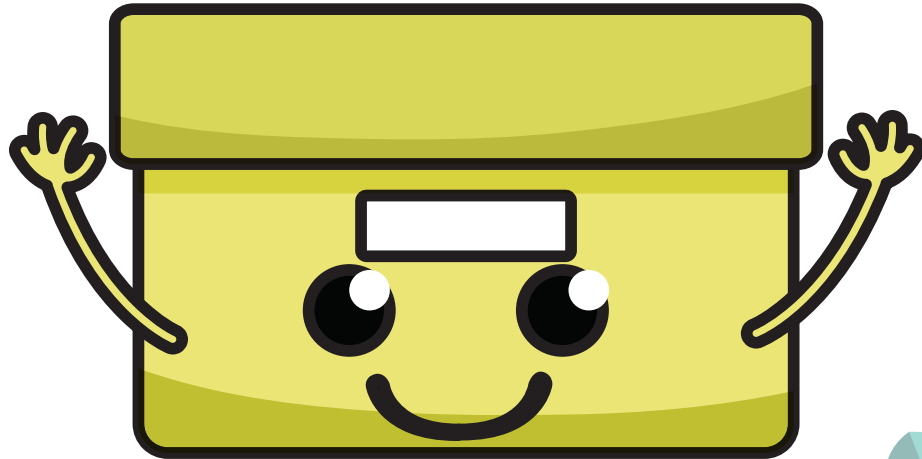


1. Find something that makes you **happy**. Why does it make you happy?
2. Find something that you can give to someone else to make them **smile**.  
What will make them smile?
3. Find one special thing that you love to **smell**. What is that smell? Can you describe it?
4. Find one thing that you enjoy **looking at**. Why do you like looking at this?
5. Find something that's your **favourite colour**. Why is this your favourite colour?
6. Find something that you are **thankful or grateful of**. Why are you grateful for this?
7. Find something that you can use to **make a gift** for someone else. What will you make for them?
8. Find something that is **useful** to you. Why do you find it useful?

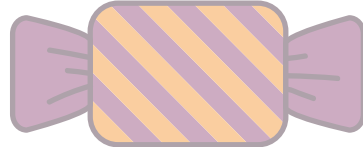


# Let It Go Fridays

## Create a Happy Box



Get a box



Get a box add in  
List of your favourite Music  
Your favourite Photos  
List of your favourite Movies  
Your Favourite Toy, treat & Book

We hope you  
enjoyed your  
activities



Wee Chicks is Social Enterprise based in North Belfast.  
We provide childcare services and promote positive  
mental health within our community.



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