

MINDFULNESS ACTIVITY

Riding the Wave

What you'll need: paper, markers or coloured pencils

In this activity we take time to reflect on the stresses in our day and the tools we have available to support our bodies and minds during stressful times.

Use the outline provided below or draw waves on a piece of paper. Label the waves with things that cause you stress. For example, worries and fears that created these waves. In the spaces between the waves, write down things, activities or people that bring you calm or that you enjoy.

Consider putting this activity sheet somewhere you can see it regularly, and take a look at it whenever you need a reminder of who and what can help you navigate challenges.

