

# The Idea of this book.

My daughter, Jess and I have used some spare time to put together a resource for both children and adults!

This is the Mindful Exploration activity booklet, designed as a fun way to learn more about mindfulness.

Not only is it a good way to keep children occupied throughout this period, but it's also useful for keeping self-esteem up whilst being creative.

The pages are designed to be printed off and put in a small ring binder. Yet, you are free to put them together in any way you like.

This is not set work. We thought it would be a good activity to do whilst in isolation. We both have an interest in mindfulness. Pages will be added after we've created them. Please be aware, these pages are created by hand, so please do not copy them without permission or try to claim them as your own.

We've left lots to colour in, however some bits may require an adult to help.

Have fun!

Vicky<sup>x</sup> and Jess  
(MShw.)