



My Gratitude and Mindfulness Journal

Created by a Primary School Teacher, this beautiful journal practices secular mindfulness and focuses on the promotion of positive mental health and wellbeing of children of all ages.

This journal was created to help address some of the ways that children can be affected by anxiety, such as:

- low self-esteem
- the ability to focus and concentrate
- the ability to form relationships with others
- interrupted sleep patterns

The activities in this journal aim to provide children with helpful and supportive techniques, that teach coping skills in a fun and meaningful way.



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