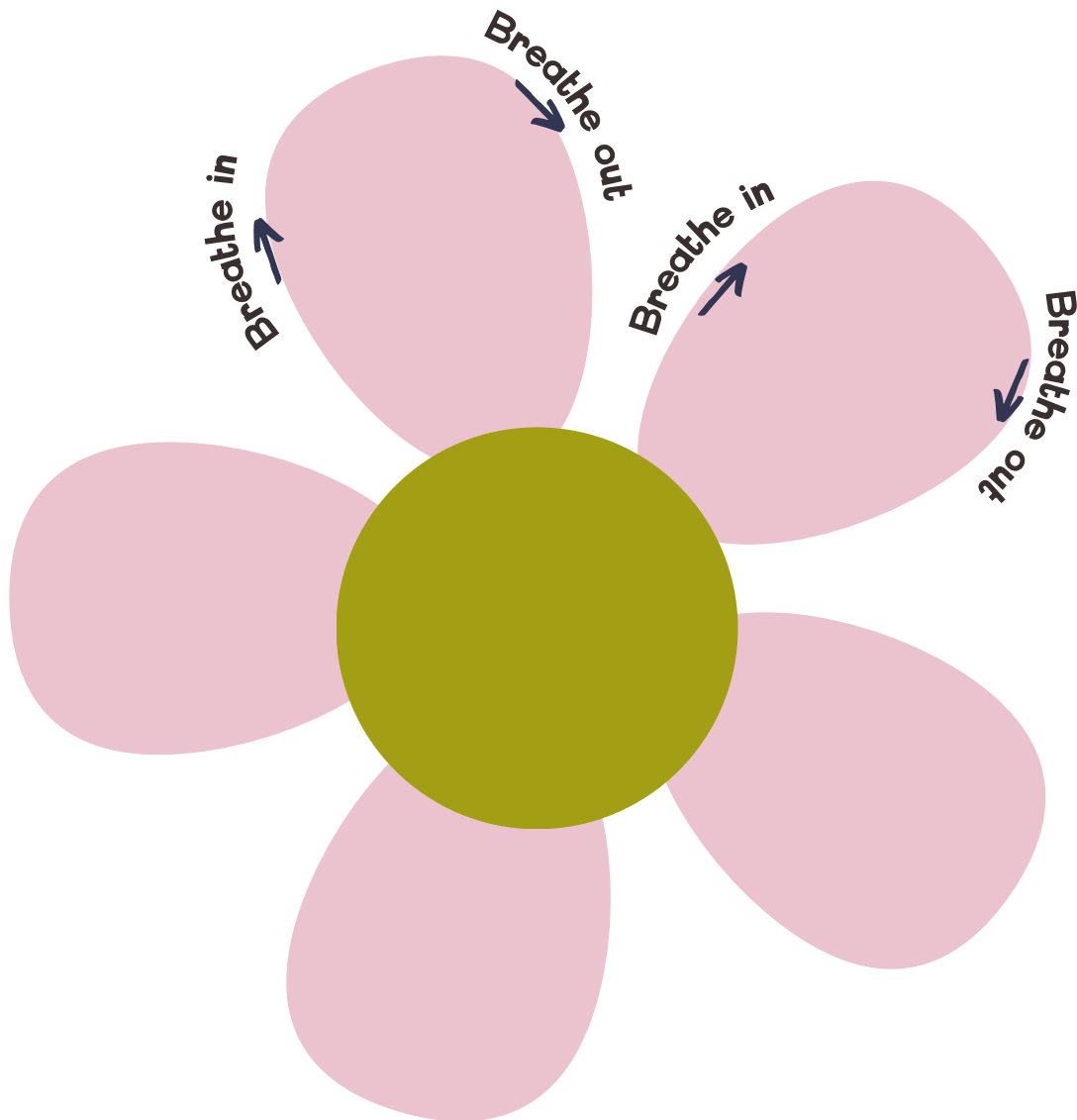


HERE

“FLOWER OF APPRECIATION”

MINDFUL JOURNALLING + BREATHING



Similar to our “Leaf Breath,” we can also practice with flowers. Only use petals that have fallen on the ground, flowers from an arrangement that is nearing the end, draw and design a flower in the way you would like, and/or print and use this worksheet!

Activity: With the drawing activity, write down words on the petals of all the things you have achieved or done which you feel happy or grateful for. Fill your flower with joy and accomplishments.

Breath Work: Just like the HERE Leaf Breath, run your finger up each petal as you take a slow breath in, and run your finger back down the other side of each petal with a calm breath out. You can take as many slow, calm breaths just like this for each petal on your flower.