

HERE

A MINDFUL MOMENT IN YOUR NEIGHBOURHOOD



MINDFUL
ACTIVITY

VILLAGE CALM

Choose a quiet place in your neighbourhood or favourite village, like Brackenbury Village or Munster Village. This can be a parklet, bench in the park, your doorstep, outside your favourite local shop, or near a special tree. Somewhere that feels meaningful to you and your family.

Spend a few moments (or longer) here, to pause, and listen to the world around you. Close your eyes or look softly downward if comfortable.

- Near sounds - What's close by? Footsteps, birds, leaves rustling?
- Middle sounds - A bit further away? Voices, passing cars, a dog barking?
- Far sounds - In the distance? Trains, wind, church bells?

VILLAGE GRATITUDE:

Take three deep breaths together. As you breathe, think about your village and this neighbourhood you call home. Each person shares one thing they're grateful for about living here ... it could be the friendly shopkeeper, the big trees, playing in the park, or simply being together in this spot.

Notice how you feel. You've just given your village, and yourself, a moment of gratitude and calm.

AFFIRMATION

"We belong here, in this village, in this moment. Our community holds us, and we hold each other. We are grateful, we are present, we are home."