30 Days of Mindfulness

Take 10 minutes out of your day for mindfulness and do something positive that will make you happy.

Below you have a prompt for 30 days, respond to the prompt in any way you want, sketch, paint, write, take a photo, anything you can think of.

Your creative response to the following…..

1 Your name graffiti style
2 Something you carry with you
3 A tree
4 An aircraft
5 Something you like to wear
6 Delicious food
7 A bird
8 Something on a shelf
9 A leaf
10 Something from the sea
11 A toy you have / had
12 A season you like
13 A superhero / your hero
14 Your happy place
15 A way you like to travel
16 An insect
17 Home
18 A drink you enjoy
19 You
20 A door
21 A sunset or a sunrise
22 How you feel today
23 A star or planet
24 A medal for someone
25 Someone from history
26 Some words
27 A chocolate bar
28 A place you want to visit
29 An animal
30 Your 3 wishes

Use the 30-day template overleaf, or use a sketch book or note book.

You could respond creatively on a postcard then send it to someone who you think would like to receive it.

Upload your creation #30daysofmindfulness @rafmuseum