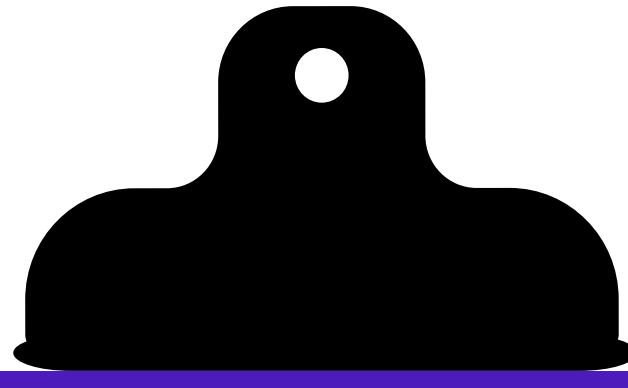


MINDUP™ DAILY PLANNER

CHOOSE FROM THE SELECTION OF ACTIVITIES BELOW.

CUT THEM OUT AND ADD THEM TO THIS SHEET TO PLAN YOUR MINDFUL DAY.
DON'T FORGET INCLUDE 3 BRAIN BREAKS TO CALM YOUR AMYGDALA. HAVE FUN!



MORNING

AFTERNOON

EVENING

MINDUP™

DAILY PLANNER


CHOOSE SOME ACTIVITIES TO DO TODAY

Mindful Tasting

Slow down and mindfully eat your food. Can you notice the smell, texture and taste?

Learning Activities

Activate your prefrontal cortex and hippocampus by learning something new!



Mindful Movement

Get moving and focus your attention on how your body feels.

Act of Kindness

Start the day with an act of kindness. Why not make your bed without being asked, or give someone a hug to say hello.

Read at 3

Read a book or listen to a story. Take a moment to think about a character in the story, put yourself in their shoes, why do they behave that way?

Kindness List

Write a list of all the different ways you could be kind today. Then do your best to do as many as you can and tick them off the list.

Brain Break


Just be. Sit quietly and breathe.

Use the Brain Break script or just breathe in and out slowly counting to 5, calming the amygdala.

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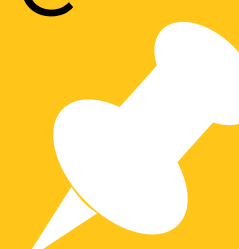
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Gratitude Circle

Come together with the other people in your home. Take it in turns to share something you are grateful for.



Thank You Letter

Write someone a letter to say 'thank you'. Notice how you feel when you write the letter and how the other person feels when they receive it.

Journal

Find a piece of paper or a notebook. Write down what you are thinking and how you are feeling today.