

## Mindful Butterflies

These butterflies can be used in different ways.

You could use them to create a beautiful wall display, door display or put them on the corner of desks. Fold the butterfly in half and staple in the middle when attaching to the wall to create the 3D effect.



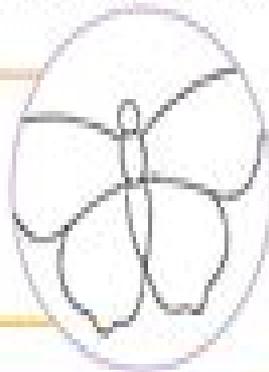
Encourage young people to take a few minutes to relax and think about what is happening at that very moment.



Ask them to think about how they are being mindful and what it is they can do to stop and enjoy the moment. What senses can they use?

Give each young person a butterfly from the templates below. Encourage them to colour them in and complete the sentence 'I am mindful when ...'

Encourage young people to create the display together in the classroom or add them to the corner of their desk to help remind them how they can be mindful.



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**JL Elias**



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