

## How to be present

Being present means fully focusing your attention on what is happening right now, instead of thinking about the past or worrying about the future.

**Notice:** 

l see:	
I hear:	Breathe:
I smell:	Breathe in: 1,2,3,4
I feel:	Hold: 1,2,3,4
I taste:	Breathe out: 1,2,3,4
	Hold: 1,2,3,4 Repeat
Gratitude:	
Today I am thankful for	•••••
Today I am proud of	Self-care:
Today I learnt	선생님이 아이들은 아이들이 아이들이 아이들이 아이들이 아이들이 아이들이 아이들
	To he harmy Lwill
	To be happy I will
Positive reminders: I am I am	
	Move:
Create:	I will stretch my
I will make	I will move my
I will draw	
A A A A MILLIA IN A A A	MANAMANAMANAM
. william a malling	AMAAAAAA