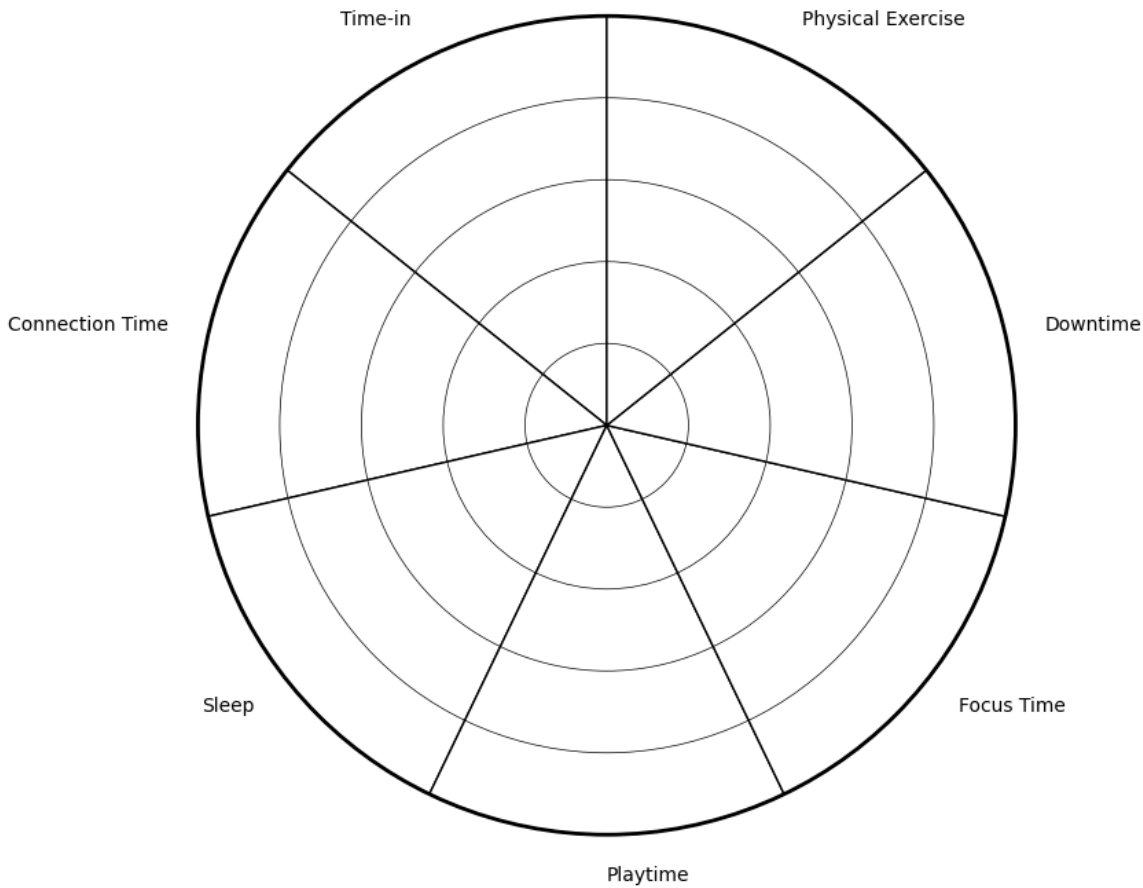


Healthy Mind Platter



Task: Colour in sections of each slice of the pie to illustrate how much time you spend doing these 7 activities per day (Eg: 0 = no time, 5 = Lots of time).

Notice where the blank spaces are appearing. What can you do to include more of these activities in your day?

Activity Prompts (add your ideas below):

Time-in: Mindfulness, breathing, journaling

Connection Time: Spend time with family, friends, share stories, explore nature.

Sleep: Nap, rest, bedtime routine

Playtime: Games, toys, imagination, comedy, fun activities

Focus Time: Creating, reading, learning

Downtime: Relax, music, quiet time, nature

Physical Exercise: Walking, sports, dancing