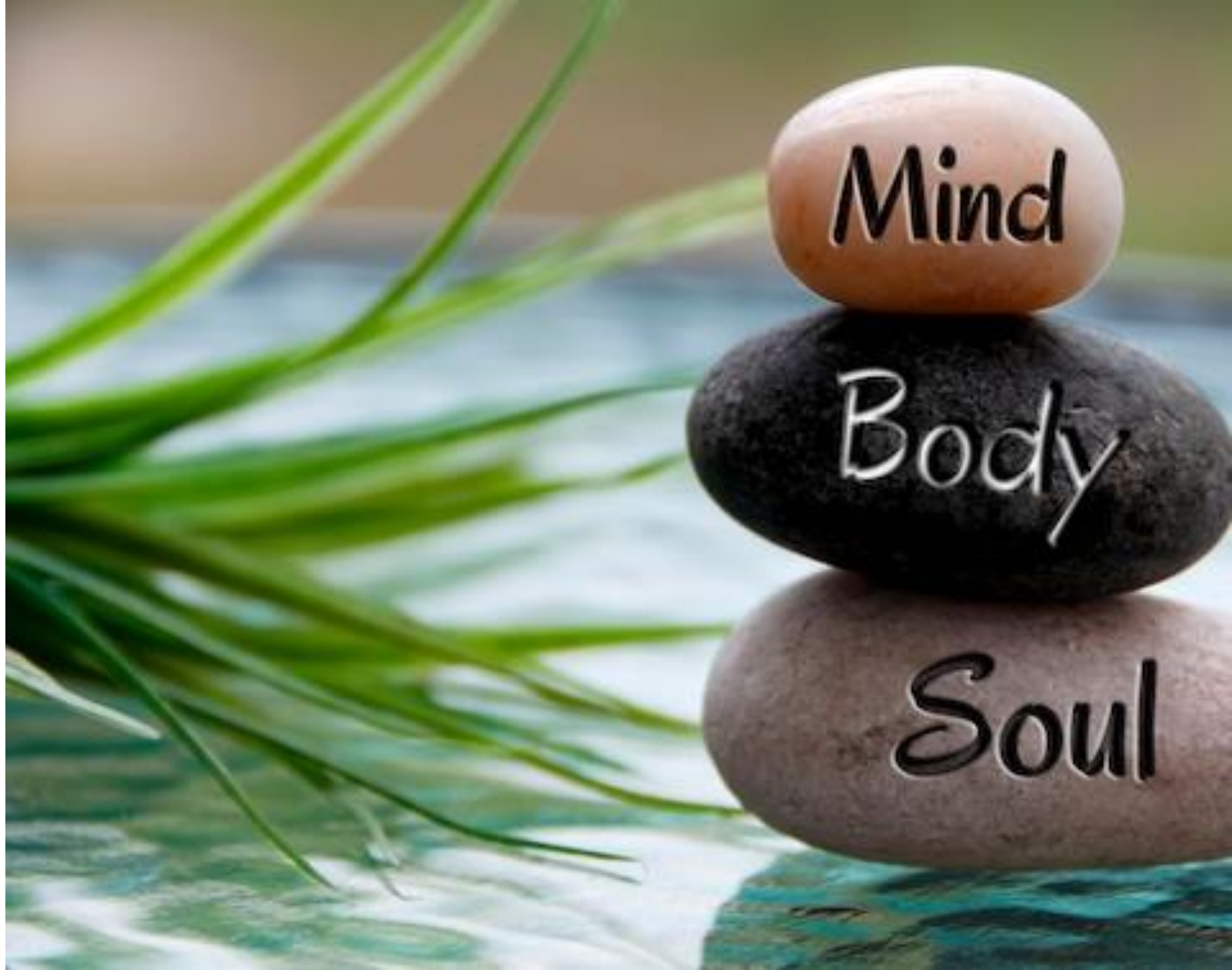


# Mindful May 2023

May 2<sup>nd</sup> – 19th



May 2<sup>nd</sup> – 5<sup>th</sup>

## Mind Week

Class Based activities	Lunch time activities	Ongoing events
Drop and Colour	Yoga – Friday 5 <sup>th</sup> @ 1.15 in the Gym – All are welcome	Worry box – Outside Tina's office
Guided meditation		
Positivi-tea		

### Awareness Wednesday May 3<sup>rd</sup>

Pay more attention to your surroundings and the people in it. Why not put your phone away and actually chat to your friends at break time today. It's only 15 minutes.

### Weekly Competition – Mindful Moments Photo Competition

Take some time out and pay attention to what's going on around you. What do you notice? It could be the longer days, the nicer weather, more flowers in bloom or more leaves on the trees. Capture what you see in a photo and send it to Ms. O'Regan via email [martina.oregan@blackwatercs.com](mailto:martina.oregan@blackwatercs.com) by 3.35 Thursday 5<sup>th</sup>. Winners will be announced on Monday 8<sup>th</sup>.

May 2<sup>nd</sup> – 5<sup>th</sup> Mind Week

## **Mindful Moment**

### **Photography Competition**

As part of mindful May we are running a photography competition. To be in with a chance to win, all you have to do is get outdoors, take time to be present, try to become more aware and mindful of your surroundings and capture something you notice perhaps the scenery or the change in season from Spring to Summer and email your photos into Ms O' Regan at [martina.oregan@blackwatercs.com](mailto:martina.oregan@blackwatercs.com) by 3.35 Friday 5<sup>th</sup>. Winners will be announced on Monday 8<sup>th</sup>.

**Best of Luck!**



May 2<sup>nd</sup> – 5<sup>th</sup> Mind Week

Do you have something on your mind?

Write down your worries and put them into the box at Tina's office.

At the end of the week Caroline will burn all your worries



## Awareness Wednesday May 3<sup>rd</sup>

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