

## Mindfulness Pairs

Create your own pairs game... All you need is card, colouring pens/pencils, a ruler, scissors and your own idea of things that make you happy.

1. Decide how many cards you would like for your game, can be any number you like as long as it's an even, equal number.
2. Using a ruler, draw boxes of the same size on white card and cut them out.
3. Now think of things that make you feel happy and draw/write them on the cards. Remember to do 2 of each thing! Be as creative as you can.
4. Enjoy playing with your homemade cards.



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