

# 5 Day Mindfulness Challenge

Terms for using this resource

Please do not copy or share this resource in any format, including the internet.

Please direct people to the website so they can download their own copy.

Thank you for your co-operation on this.



Click the picture for more mindfulness resources

[ELSA Website](#)

[ELSA Facebook Page](#)

[ELSA Twitter](#)

[ELSA Facebook TA Group](#)

[ELSA Pinterest](#)

[ELSA Parent group](#)

Instagram: [elsa\\_support](#)

Facebook ELSA Secret Group: Contact [info@elsa-support.co.uk](mailto:info@elsa-support.co.uk) for your invitation



Clip Art Credit



# 5 DAY ELSA SUPPORT Mindfulness Challenge



## Drawing or writing task –

Draw or write about what you can see, hear, feel, taste and smell

## Talking or doing task –

Sit for 5 minutes and concentrate on one of your senses

Day 1

## Drawing or writing task –

Draw or write about things you are grateful or thankful for

## Talking or doing task –

Do something kind for someone

Day 2

## Drawing or writing task –

Sit for 5 minutes and let your mind wander. Draw or write about your day dream

## Talking or doing task –

Spend a few minutes each day daydreaming

Day 3

## Drawing or writing task –

Design a mindfulness colouring pattern

## Talking or doing task –

Colour in your pattern

Day 4

## Drawing or writing task –

Visualise your happy place and draw or write about it

## Talking or doing task –

Sit for 5 minutes each day imagining your happy place

Day 5



# Day 1



Things I can see, hear,  
feel, taste and smell



1.

2.

3.

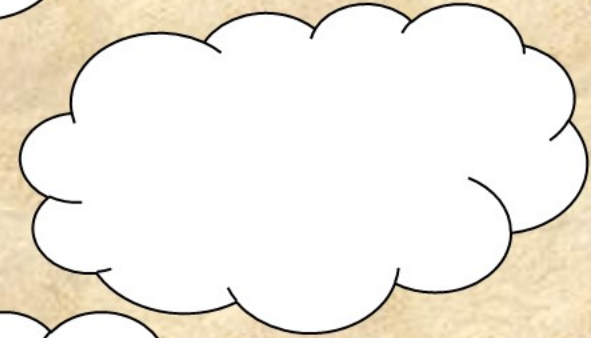
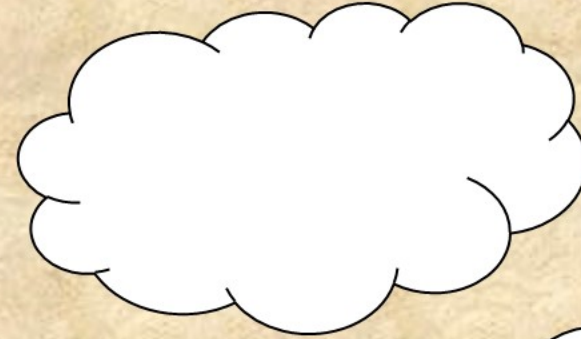
4.

5.

# Day 2

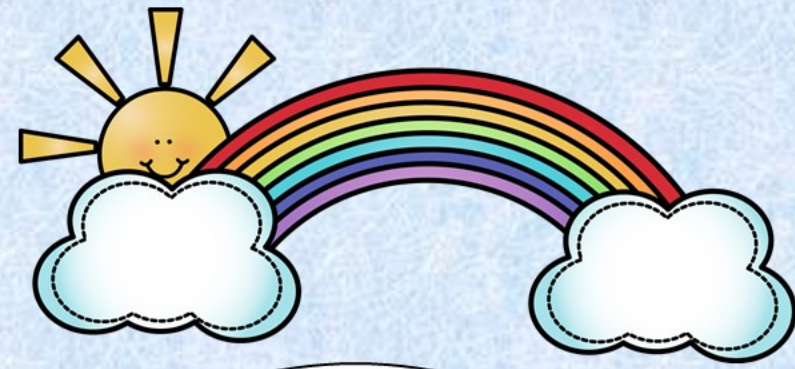
I am grateful for  
these things

These things make  
me feel grateful



This is my daydream

# Day 3

A large, empty rectangular box with a black border, intended for writing a daydream. A string of colorful bunting flags (purple, blue, green, yellow, orange, red, pink) is draped across the top left corner of the box.A large, empty circular shape with a black outline, intended for drawing or writing. It has a small notch on its right side.

This is my mindfulness  
pattern

# Day 4



A large, empty white rectangular area intended for drawing or writing a mindfulness pattern.



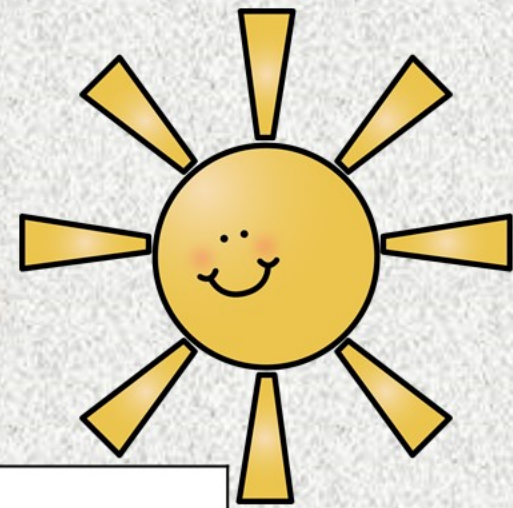


# Day 5





Did I do it?



Challenge	Yes or No
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	





# CONGRATULATIONS

Large white scroll area for writing a message.

ON COMPLETING THE ELSA SUPPORT  
MINDFULNESS CHALLENGE

Signed: \_\_\_\_\_

Date: \_\_\_\_\_