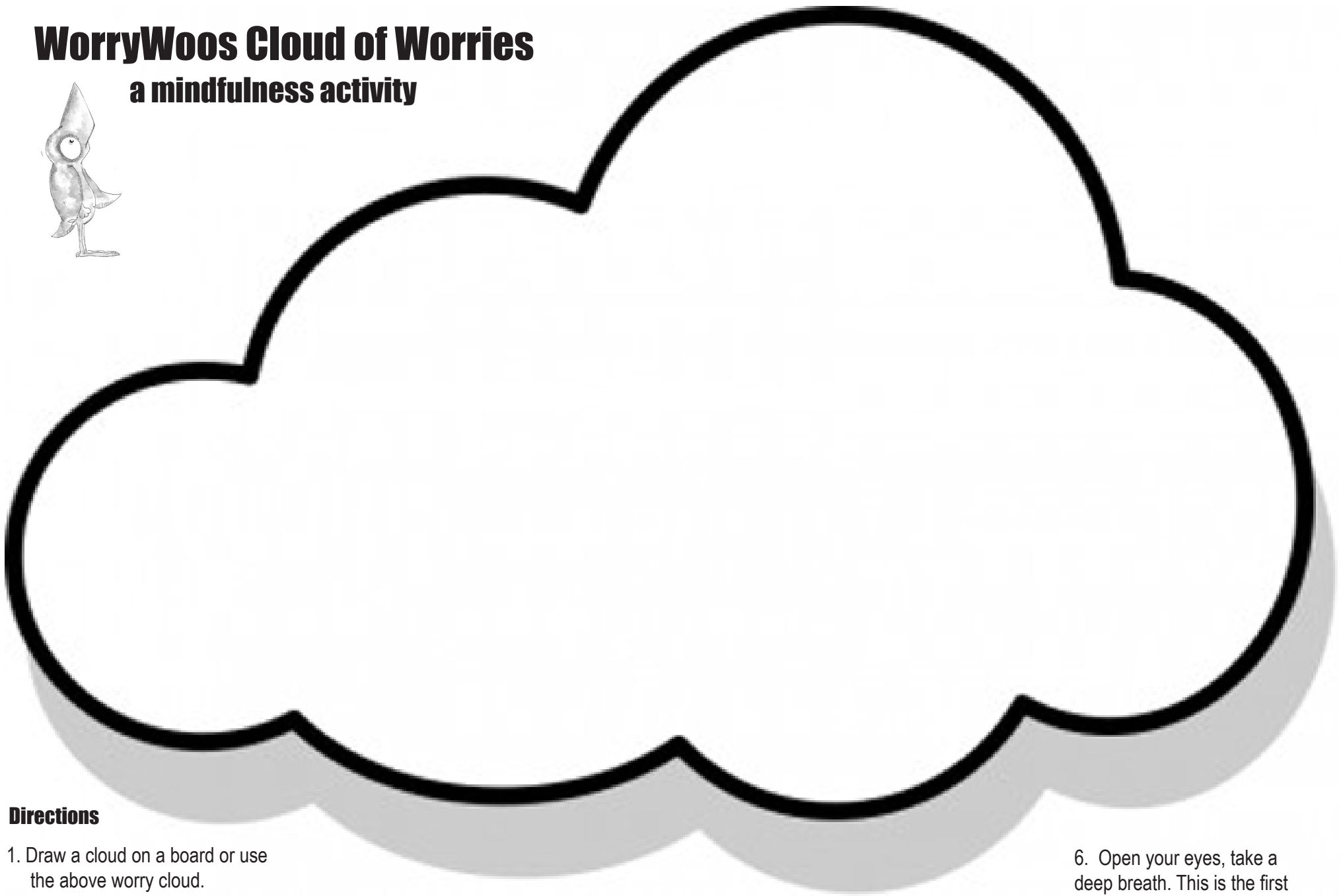


WorryWoos Cloud of Worries

a mindfulness activity



Directions

1. Draw a cloud on a board or use the above worry cloud.
2. Try to fill this cloud with the real world worries that go through your mind and take up big chunks of the day.
3. Once identified, take a moment to close your eyes and imagine these worried thoughts are on the clouds passing you by.
4. Acknowledge the worries and let them pass by.
5. With eyes closed, wave goodbye to the worries.
6. Open your eyes, take a deep breath. This is the first step towards accepting them, or changing your outlook towards them.