Mindful or Mind FULL

Below, in the thought bubble labeled MIND FULL, draw what fills your mind throughout the day. What are activities you think about, questions you think, and worries that cross your mind? Go through your day and fill the bubble with all of the things that might enter your thoughts in a day. In the other thought bubble labeled MINDFUL, draw what mindfulness means to you. You can draw a peaceful scene that you think about when you are trying to still your mind or some of the mindfulness practices we have discussed.