Resources needed for Mindfulness – Sunday Morning

Please have:

A drink of water with you

A biscuit, cookie or cracker.

A 6 sided die and sheet of paper one destined for recycling will be great].

A few raisins [or other dried fruit/nuts; or could substitute any small pieces of food e.g., small bit of cheese, etc]

2 pieces of coloured A4 paper or if you haven’t these pages of magazine/newspaper, scissors

Hand cream or body lotion, small towel or paper towel.

Comfortable chair to sit in.