

PRESENT MOMENT WHEEL

Mindfulness is about being in the present moment – thinking about where you are, who you're with, what you can see, what you're doing and how you feel.

This is a Present Moment Wheel, which will help you think about the 'now'. Place your finger in the middle of the wheel and close your eyes. Breathing gently, move your finger in a circular motion around the wheel. After a while, stop! Open your eyes. Read the question you've landed on and answer it out loud. See if you can stop on a new question every time!


