| **Mindfulness - Designing a care package!** **Week 1 Term 4** |
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| Your task for mindfulness this week is to design a care package for someone to make them feel better during lockdown. This could be a friend, relative or anyone else you would like to send one to. The care package should include 5 items that you think the person you are sending it to would enjoy. **Please fill out the worksheet below and explain why you have chosen the items that you have included. You should also provide a picture or drawing/design of your care package.** **You are not actually sending your care package. It is just the mindfulness activity for this week.** |
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| **Who is your care package designed for?:**  |
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| **Item 1:** **Why did you include it?:**  |
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| **Item 2:** **Why did you include it?:**  |
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| **Item 3:** **Why did you include it?:**  |
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| **Item 4:** **Why did you include it?:**  |
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| **Item 5:** **Why did you include it?:**  |
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| **Photo/drawing of your care package:** |
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