



My Class Journal

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Build your team

Who can I trust
with baby?

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Who will listen?

.....
.....

Who makes
me feel loved?

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.....
.....

Who can fold my
laundry & cook me
a meal?

.....
.....
.....

Whose shoulder
can I cry on?

.....
.....

Who makes me
laugh?

.....
.....

Lower, mid, & high energy days

Lower energy days

Eg. Stay in bed, walk to the bathroom and back.

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Mid-energy days

Eg. Get up, get dressed, walk around the block

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High energy days

Eg. Get up get dressed, walk around the block and tackle some washing

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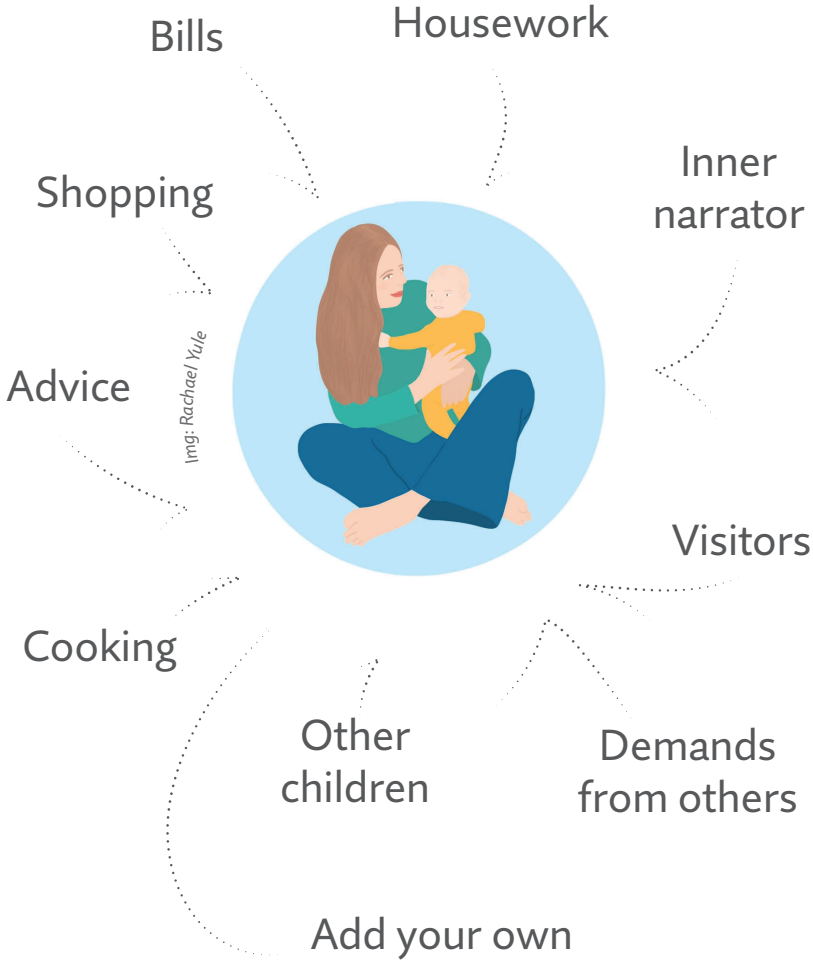
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Your

Bubble of confidence & calm

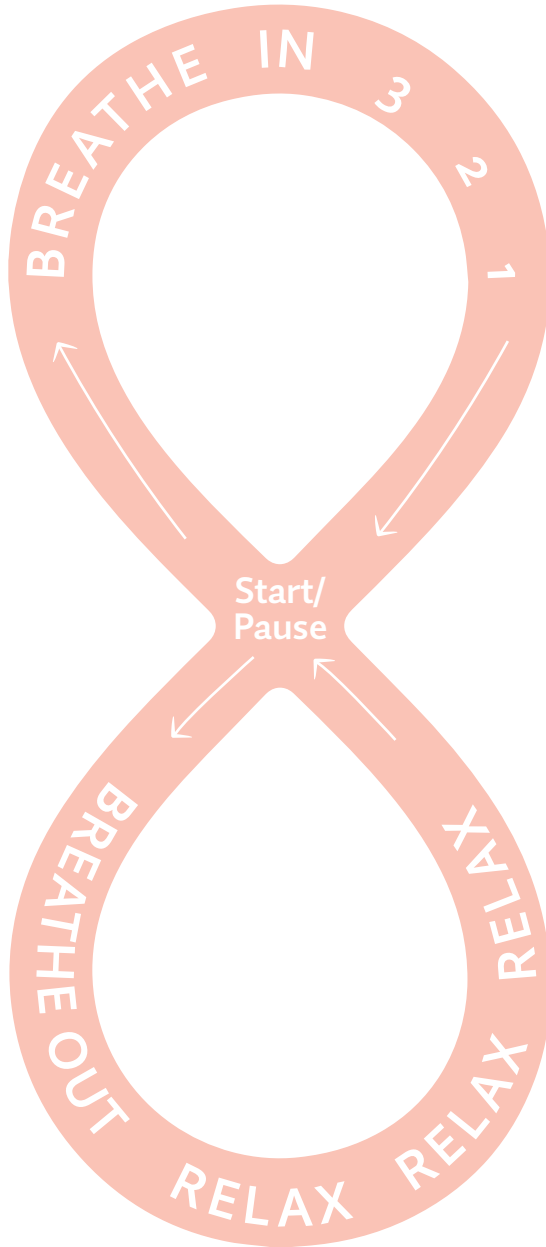


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Calm breath



Affirmations







"I let go, slow down and accept that my body needs time to adjust."

"I see that you are growing, I am growing with you."

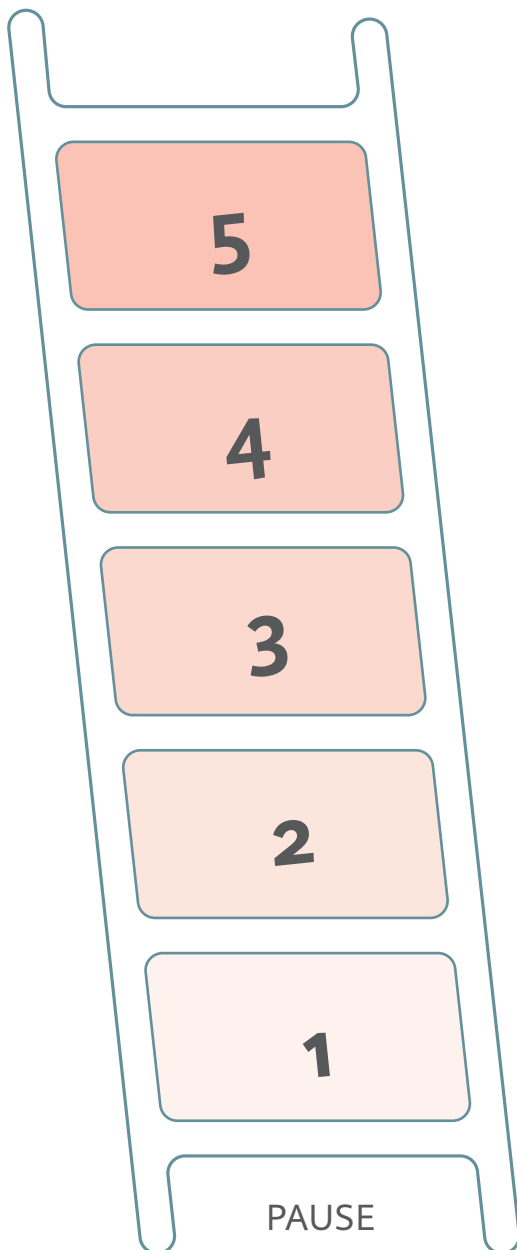
"I love that we are a team."

"I love seeing you grow into the person you are now."

Calmer crying

-  Check in with your feelings
-  Accept and name them
-  Let them walk by
-  Mindful deep breath in
-  Exhale
-  Relax

Ladder breath



Notes

A series of horizontal dotted lines for writing notes, spaced evenly down the page.

Notes

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*"It takes one person in a
family to practice
mindfulness for the rest of
the family to be mindful."*



www.mindfulmamma.co.uk

 MindfulMamma

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