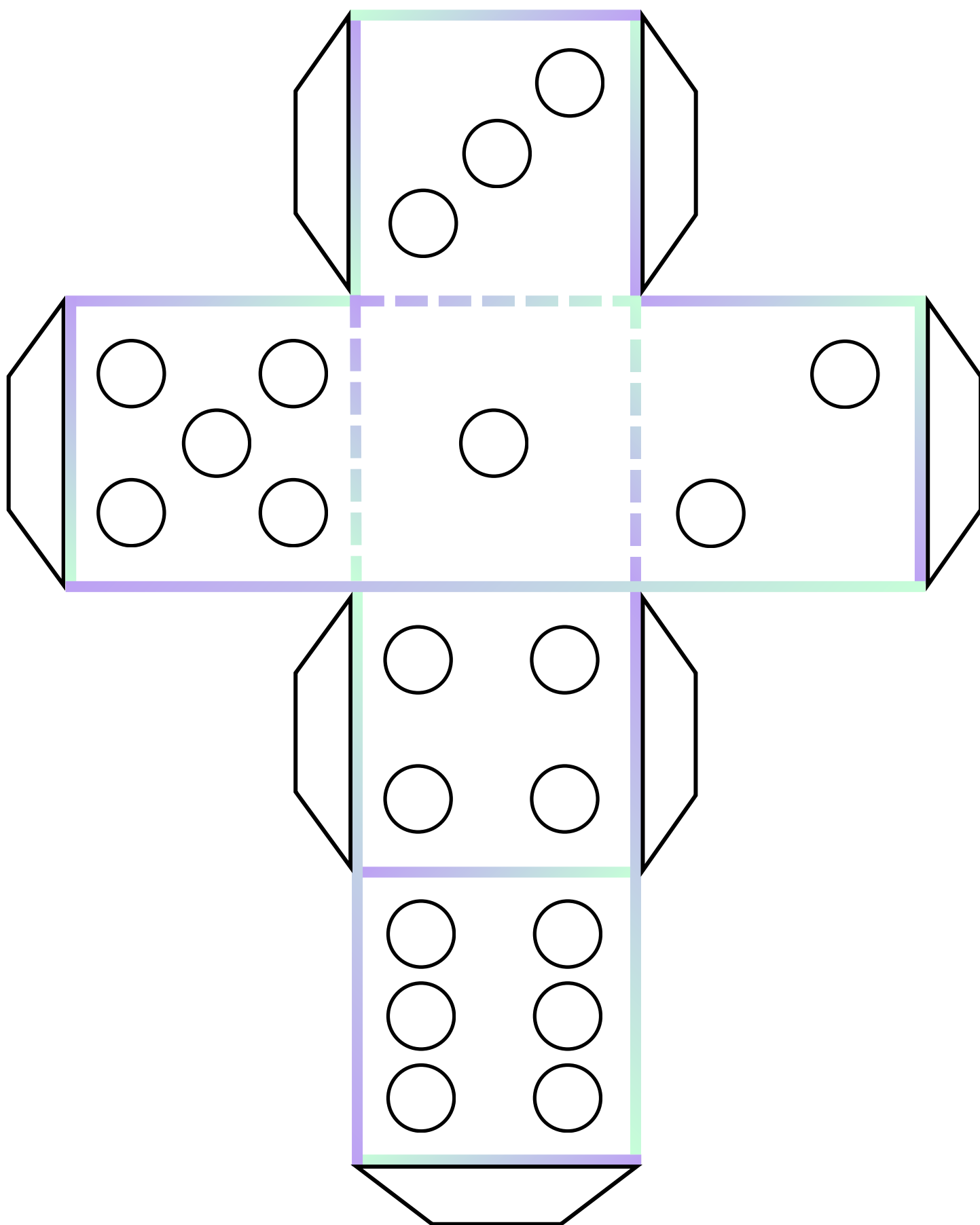


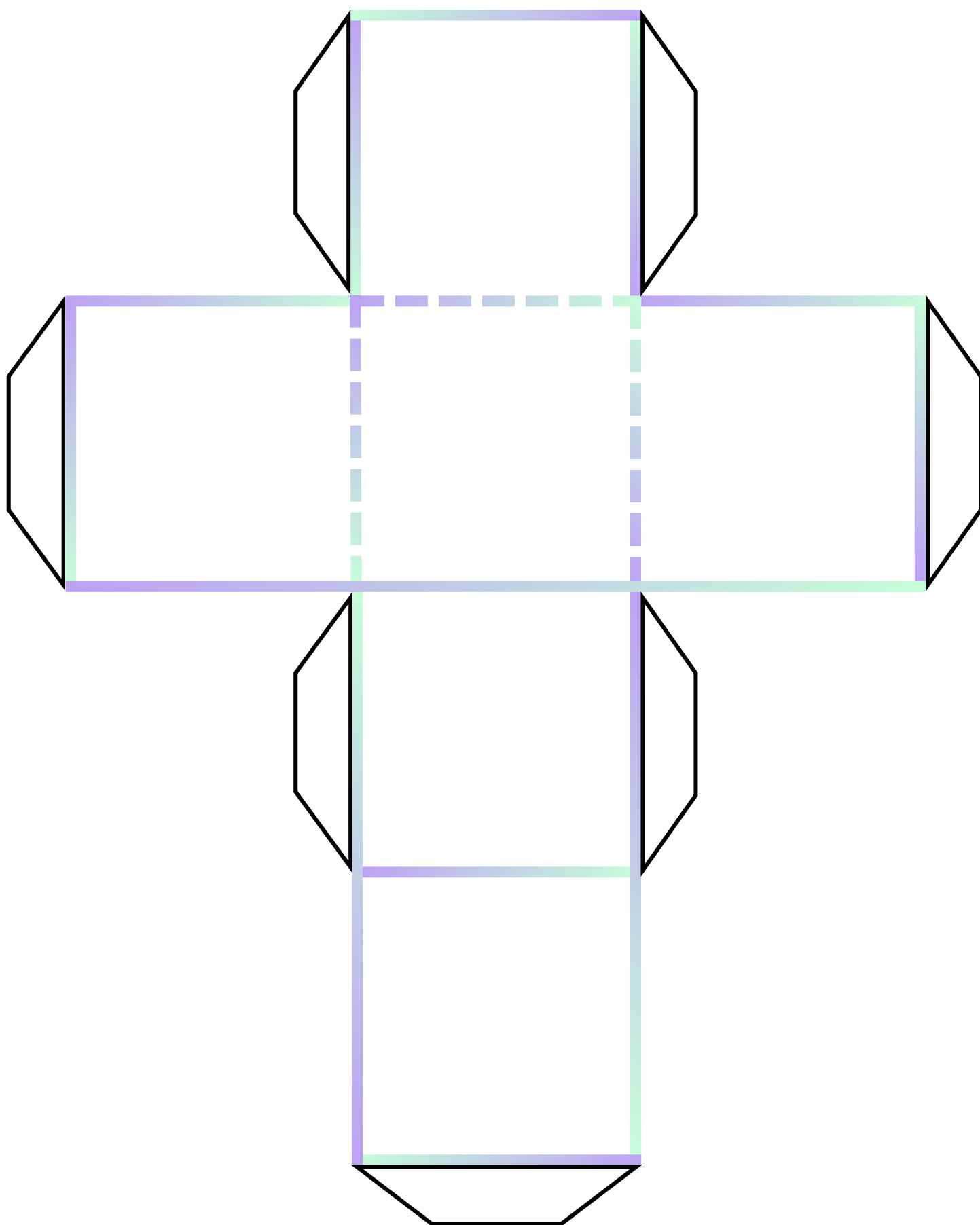
AC
KD

MB RI EU GQ FLT XZ

OVJ
HW

PY
SN





Number & Letter Combo

1



I am grateful for...

2



In the world around me I appreciate ...

3



This word describes someone special to me...

4



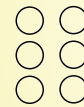
Using my sense(s) of I can identify ...

5



A special memory related to the word...

6



I can find peace in my day by...

Number & Colour Combo

1



This colour represents the emotion...

2



This colour reminds me of...

3



Looking at this colour I feel...

4



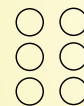
This colour is in the world around me...

5



A part of my body that feels this colour is...

6



A memory associated with this colour is...

Colour & Letter Combo



Red

An emotion for this colour is ... and relates to the word...



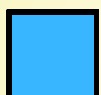
Yellow

A word this colour reminds me of is ...



Green

Starting with the letter ... is ...



Blue

A word to describe the feeling of this colour is ...



Purple

I associate this colour with the word ...



Orange

It would be funny if ... was this colour

Number & Letter Combo

1



2



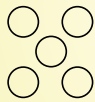
3



4



5



6



Number & Colour Combo

1



2



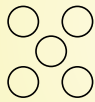
3



4



5



6



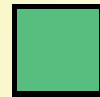
Colour & Letter Combo



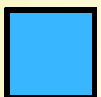
Red



Yellow



Green



Blue



Purple



Orange

The Mindful Reflection Dice

The Mindful Reflection Dice are used to help us practice mindful skills such as identifying and expressing feelings, engaging with our senses, and tuning in with our mind, body, and the world around us.



Let the mindful responses and associations to the prompts flow. We can take our time to respond.

We can use these dice as part of our personal reflection, or share and listen to each other.



Personalise your reflections by creating your own dice response prompts using the template.



More Teaching & Learning Resources for all at mindfulmates.co



