

Poppy Day Mindfulness



Take a quiet moment to remember and reflect.
Fill each section with thoughts of gratitude, kindness, calm & peace.

Gratitude

My heart fills with pride like a fluttering poppy when I remember..



Kindness

I can share kindness and help peace grow by...



Regulation

When my thoughts are loud like a distant drum, I can find peace by...



Calmness

I feel quiet and calm like a field of poppy flowers when...

