

Weekly Pupil Organiser

Week Beginning: _____

Monday

Daily
Mindfulness Task

Daily Mindfulness
Achievement

Tuesday

Daily
Mindfulness Task

Daily Mindfulness
Achievement

Wednesday

Daily
Mindfulness Task

Daily Mindfulness
Achievement

Thursday

Daily
Mindfulness Task

Daily Mindfulness
Achievement

Friday

Daily
Mindfulness Task

Daily Mindfulness
Achievement

This week's three goals:

This week I have learnt to be
grateful for:

Strengths and assets I will use
this week: