

Mindfulness

Amazing Fact

According to a recent study, the Netherlands is the country that is home to the happiest children. To find a winner, the study ranked countries according to a number of indicators such as opportunities, achievement, risks to welfare, housing and well being.

Experts claim that one of the keys to happiness is being mindful. Being mindful is to pay attention to the present moment, rather than the past or the future. When we are mindful, we are more in touch with our emotions and feel more able to cope when we are upset or angry. Mindfulness can also improve our concentration.

One way of being mindful is to concentrate on simple tasks, such as colouring. The repetitive activity of colouring focuses the brain on the present moment and blocks out any other thoughts.

Colour in the palm tree drawing on the next page.



You could also try to find out:

- how happy the children in your country are;
- who the richest children in the world are;
- which countries have high rates of child poverty;
- how death rates per 1000 births compare between countries.

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