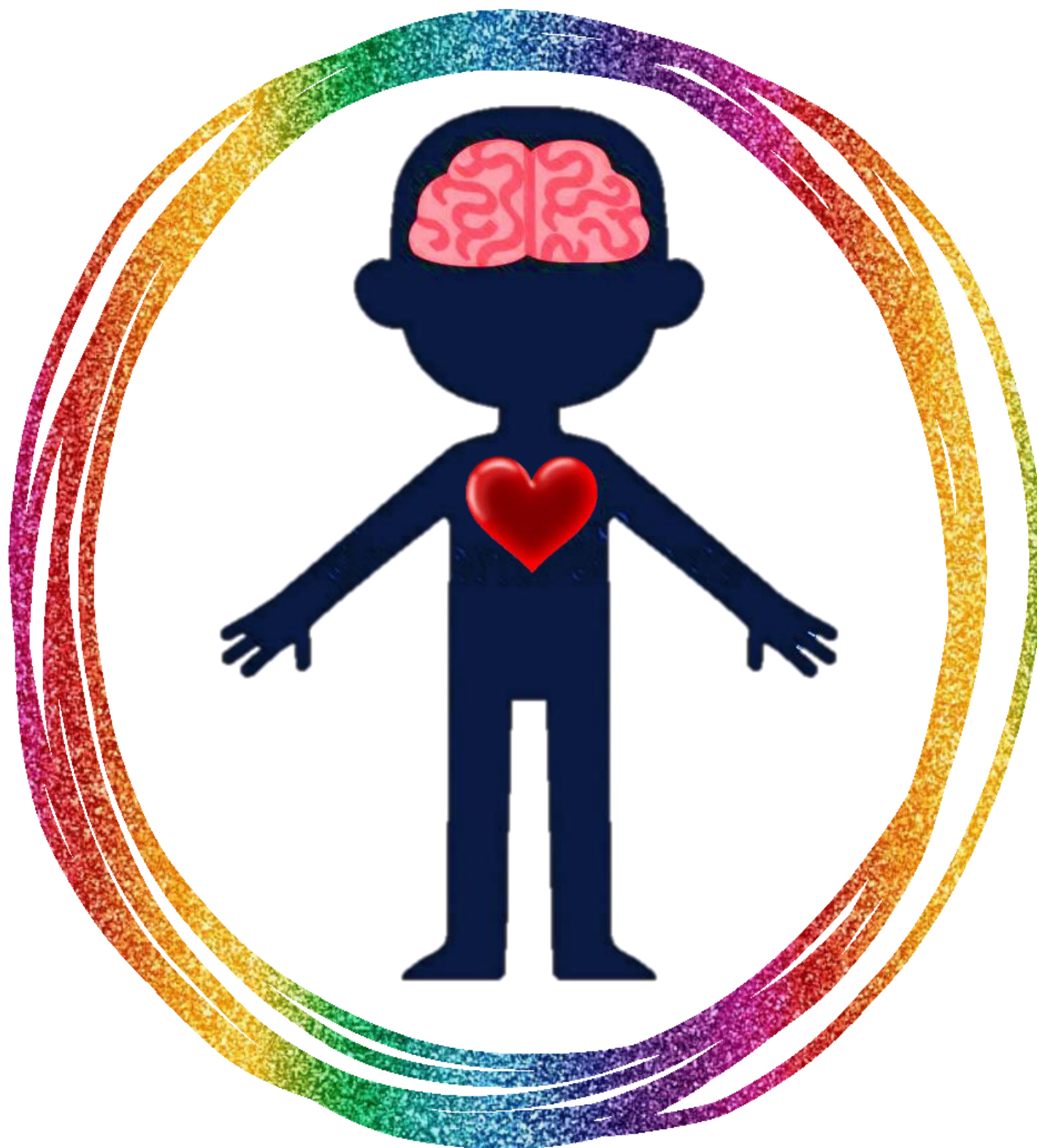


The Pocket Public School Wellbeing Initiative



Inner Zone

- My breath
- My heart
- My feelings

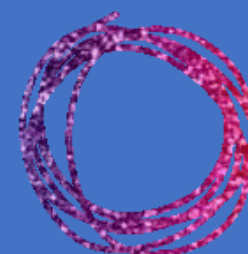
Everything that I can observe and notice from within the deepest, quietest inner space within my body.



Middle Zone

- My thoughts
- My self-talk
- My beliefs

Everything that I can observe and notice from within my head.



Outer Zone

- My eyes see
- My nose smells
- My ears hear
- My skin feels

Everything that I can observe and notice happening from the outside of my body.

Zones of Awareness