



## PEPS MINDFULNESS COMPETITIONS



***We could understand that you will be on your devices a lot, during this period of e-learning. Your minds might be full, so we want you to practice being mindful and take some time out.***

- If you complete a mindful and well being activity (available at portal) and send it back to well being team.
- If you have an incredible talent in the Performing Arts (dance, song, artistic act, dramatic performance, Quran recitation,.. etc.)?, Record (video) your performance – 2 minutes duration maximum and send it to Wellbeing team.
- Do you consider yourself an author...a future author? Write a story and send it back to Wellbeing team.
- Attend webinars for more information about courses and admission requirements with various universities in UAE and abroad, contact School counselor for more information.
- You might practice yoga, read a book, draw or paint,.. Do something that makes you happy!

# CONTACT DETAILS: PEPS' WELL BEING TEAM

Career / course related	Mr. Ajesh JP Nair	School Counselor	<a href="mailto:counselor@peps.ae">counselor@peps.ae</a>
Mental & Emotional (Boys)	Mr. Ali Atef Awad	Social Worker	<a href="mailto:aatf5174@gmail.com">aatf5174@gmail.com</a>
Mental & Emotional (Girls)	Ms. Rasha Nabih	Social Worker	<a href="mailto:md_20053@hotmail.com">md_20053@hotmail.com</a>
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# 7 Things Mindful People Do Differently

## 1

Approach everyday things with curiosity  
—and savor them

Forgive their  
mistakes—  
big or small

## 2

Practice  
compassion and  
nurture connections

## 4

Embrace vulnerability  
by trusting others—  
and themselves

## 6

## 3

Show gratitude for  
good moments—and  
grace for bad ones

## 5

Make peace with  
imperfection—  
inside and out

## 7

Accept—and  
appreciate—that  
things come and go

List created by Elisha Goldstein, Ph.D., psychologist, author of *The Now Effect*