

Health Checklist for Children Practising Mindful Activities

- Do you have permission of parent or guardian?
- Does the child experience asthma/epilepsy/COPD or any other breathing difficulties?
- Does the child have any condition that may restrict their physical movement?
- Does the child have depression or sever anxiety?
- Does the child experience psychosis, bi polar disorder or any other mental illness?

Risk/Benefit Assessment for Mindfulness Practice

Location	Date	Review Date	RA carried out by:	
Activity	Benefits?	Possible Hazards?	Who might be harmed?	Precautions/ Actions to mitigate risk

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