

MINDFULNESS THROUGH MATHS



HARRIET BARBER

THIS IS NETTIE

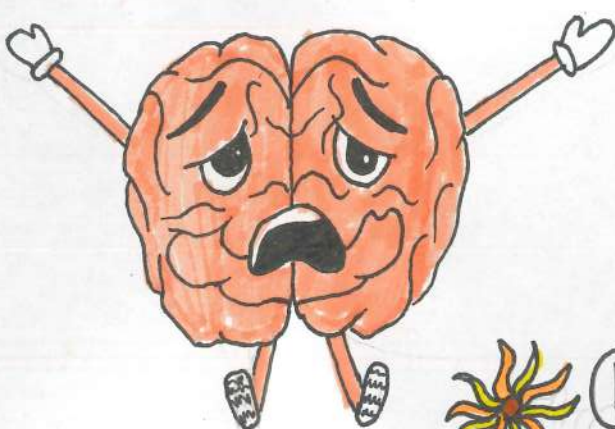


Everyone thinks that she is positive all her life but they have NO

CLUE of what is hidden inside of her. It feels to Nettie that her whole day is filled with negativity and anxiety. Surely this couldn't be right; no-one could live such a life. If only there was a way to find out the truth.

She wanted to investigate how much time she spends feeling happy, sad or anxious but she wanted to keep those records

unrecognisable to everyone else. It bamboozled her for hours, she had no idea how she could do it.



She was overwhelmed. What was Nettie going to do?
Exhausted, she drifted off to sleep.

In her dream, she saw sets of colours appear in the night sky
as constellations.



They were beautiful. They seemed useful, as if they were
there for a reason. Suddenly, she woke up with a jolt. As
if it were a god-like force, it came to her. The incredible dream
had enlightened her. The answer: RATIO!



Flinging her notebook on her desk, she set to work drawing out her new idea. It looked extravagant in the morning light.

Now it was relatively simple, she would split her day into 13 segments - one for each hour she was awake.

She would colour in the different segments to demonstrate how she felt at that particular time of day.

Once the day drew to a close, she would then reflect on how she felt

and convert that flower into a ratio to track what proportion was spent with each emotion.



9:2:2



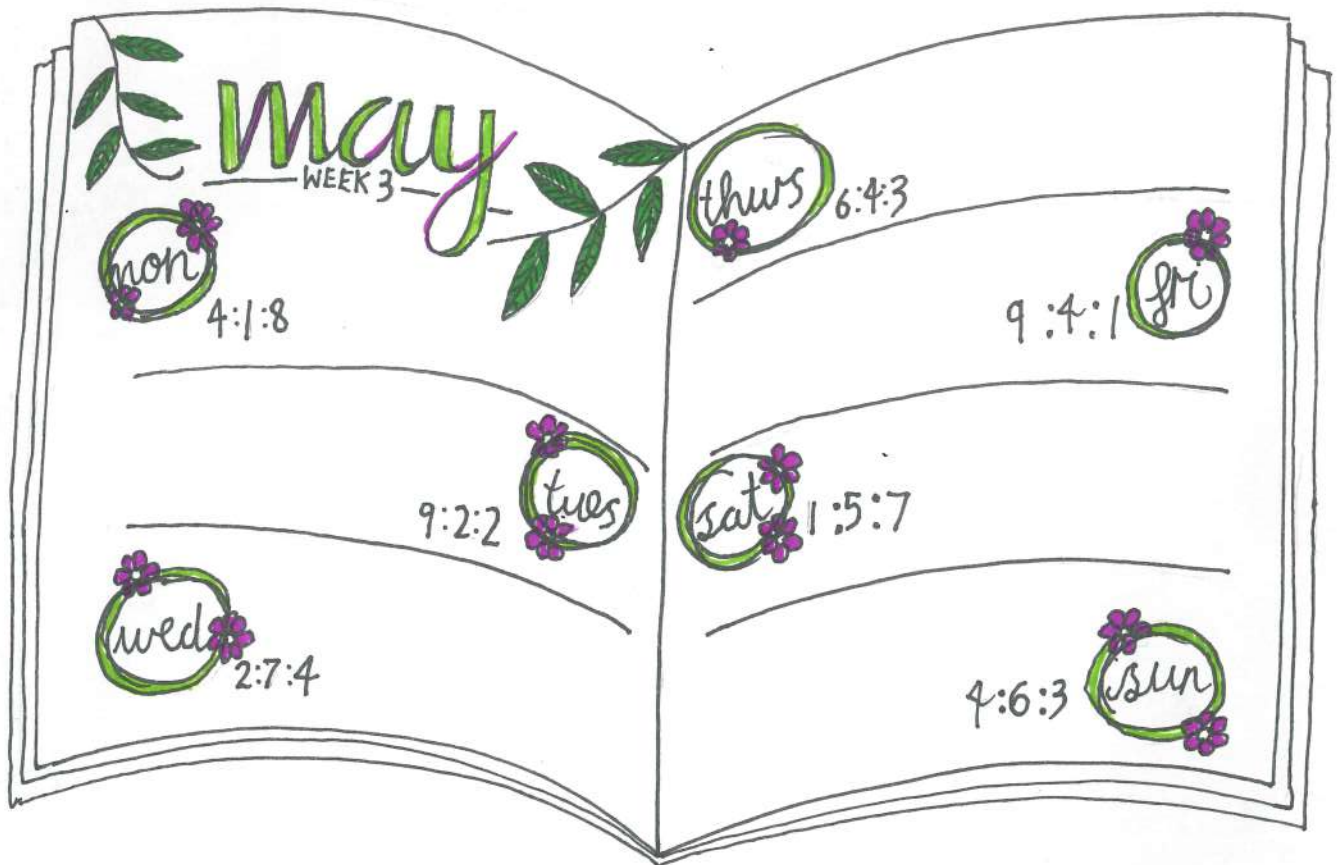
2:7:4



6:4:3

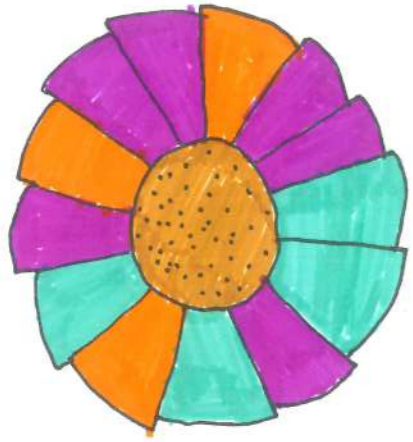


She then wrote these ratios into her diary so her feelings could remain private and hidden from the rest of the world.

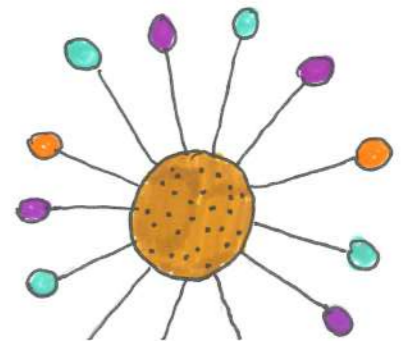
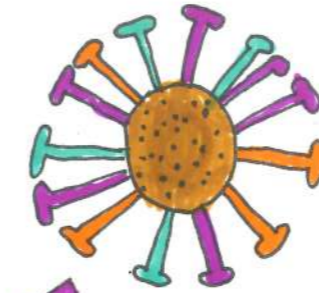


Eventually, after recording her emotions in this way, it occurred to her that however bad her day had seemed, there would always be...





Hope



5

6



They have NO CLUE what is hidden inside of her. This is the story of a girl whose life is seemingly happy. She uses math to see whether or not her life is happy. My...