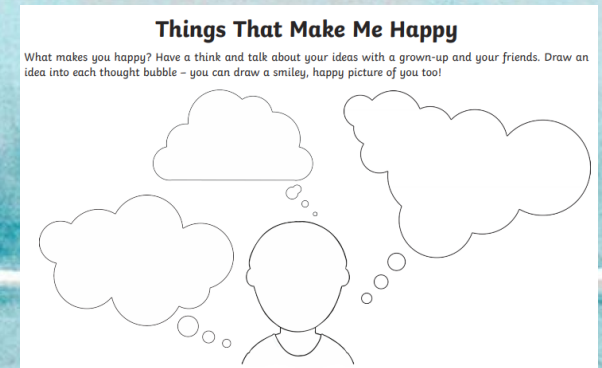


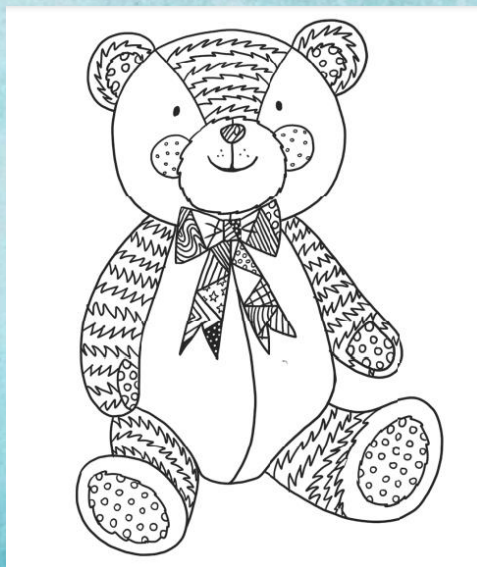
Mindfulness



<http://kidsrelaxation.com/all-relaxation-activities/worry-bubbles/activities/worry-bubbles/>



Complete the thought bubbles by drawing a picture of 3 things that make you happy.



Colour in our mindful teddy bear.
Take your time to colour in each little detail carefully. You could play some mindful music as you complete this activity.

<https://www.youtube.com/watch?v=qeLu68qXzps&list=RDGBexfwe->



We're Going on a Bear Hunt | A Cosmic Kids Yoga Adventure!

'We're Going on a Bear Hunt' Yoga

<https://www.youtube.com/watch?v=KAT5NiWHFIU>