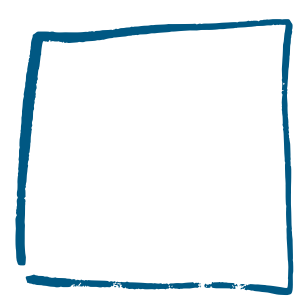
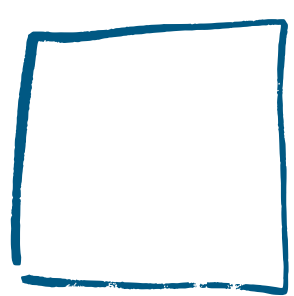


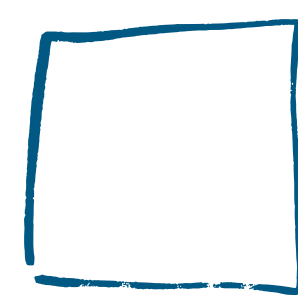
# Summer Mindful Moments



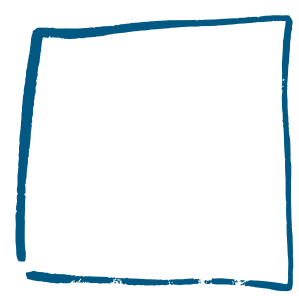
Lay on the grass and watch the clouds pass by



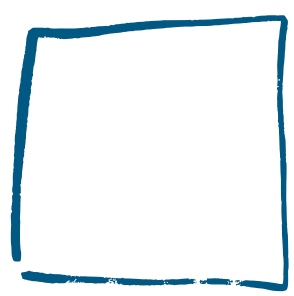
Go on a rainbow colour hunt in the park



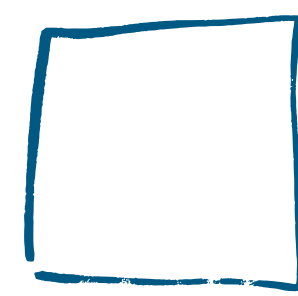
Make a journey stick with wool and feathers



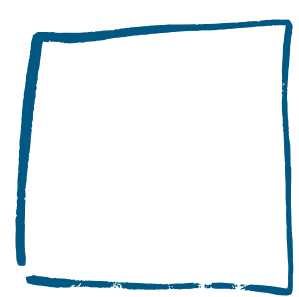
Paint pebble with paint pens



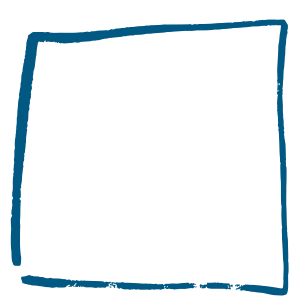
Create a calm jar with an old jar or plastic bottle



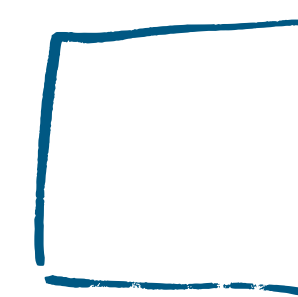
Plant flower seeds and watch them grow



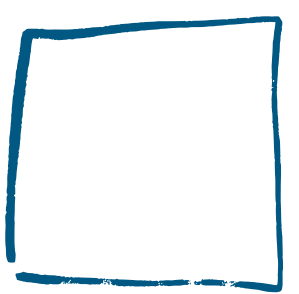
Blow bubbles to practice mindful breathing



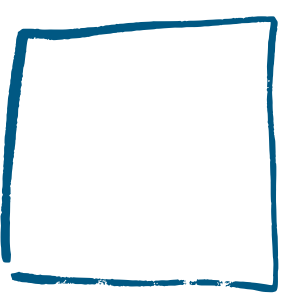
Use chalk to draw on the pavement



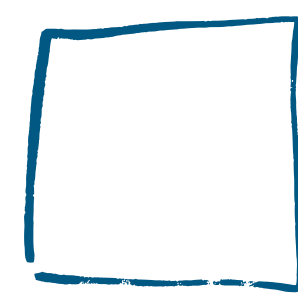
Play calm music and relax



Share a book together



Have a picnic in the sunshine



Practice a Sun salutation together

