

# Daily Challenge

Wednesday 23<sup>rd</sup> June 2020

Mindfulness activity, being thankful.

Draw a heart that has been split into jigsaw pieces. Think about all the things that you love and are special to you and draw a little picture of them on the jigsaw pieces and colour them in. Put the heart in a special place to remind you of all the wonderful things you are thankful for.

Enjoy your challenge

Mrs Rees