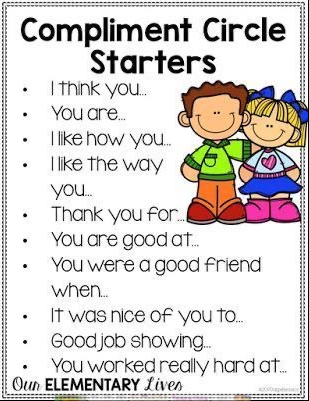
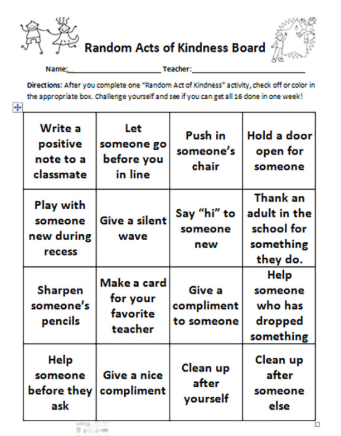
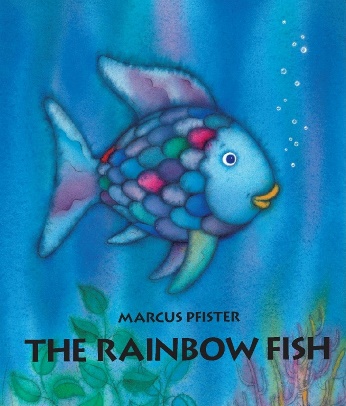
Well-being activities

Kindness









Calming/ Self-regulation















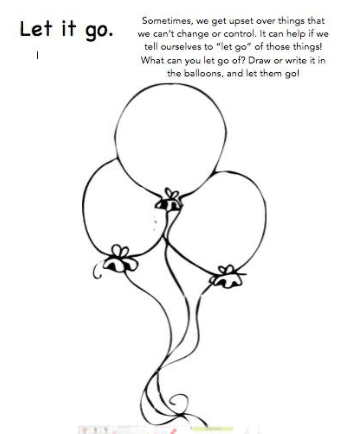




Happiness/gratitude





Worries



Outdoors





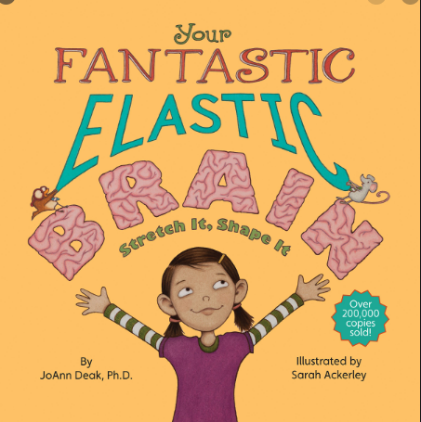
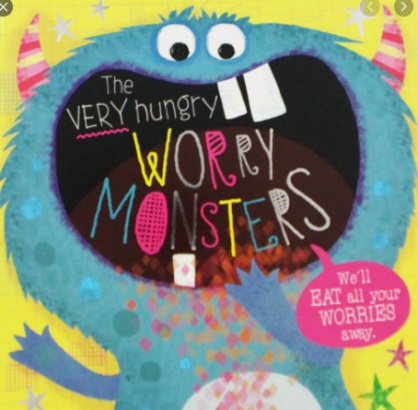


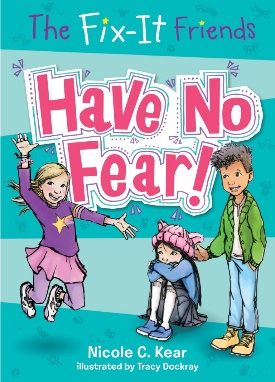
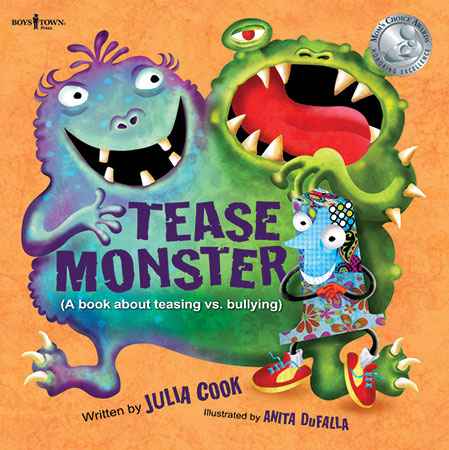
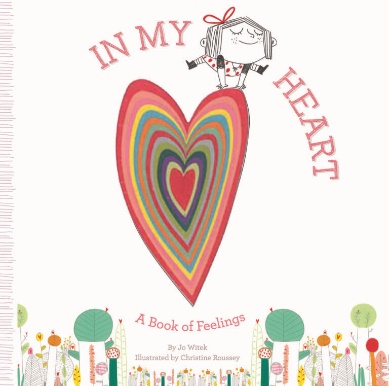


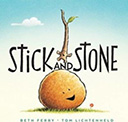


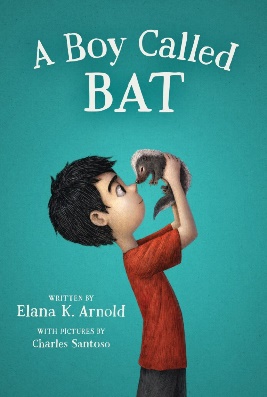
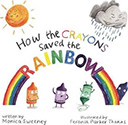


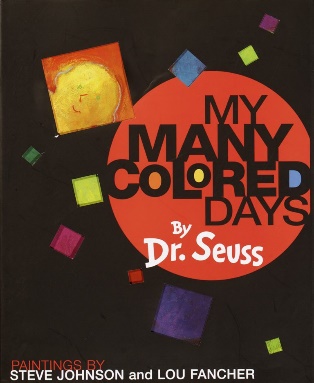
Mindfulness books

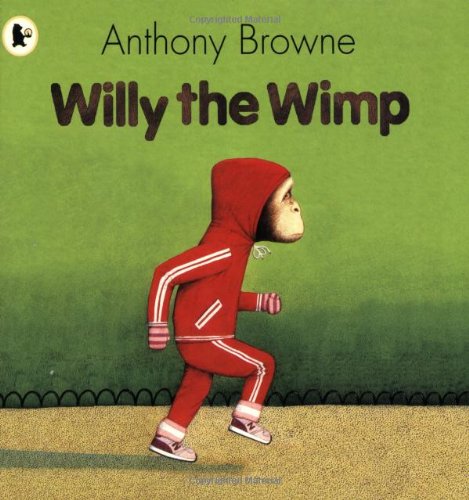












Posters to support





