

Taking time to be creative, quiet and focused can help our minds to feel and stay well – especially during more challenging times. As you colour the picture below, focus on relaxed breathing and enjoying what you are doing. Try to let go of any busy or worrying thoughts and let your mind take a moment to be calm. If you have any thoughts that continue to worry you, talk to a trusted adult and ask for help.



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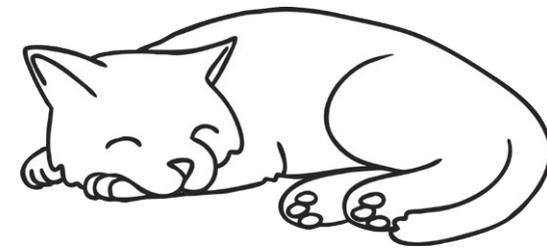
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calm



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