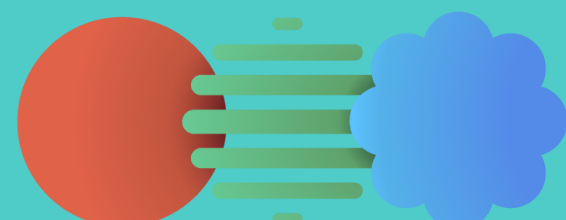


Are you
worried/
anxious?

HEALTHY BRAIN

#stayhomestaysafe



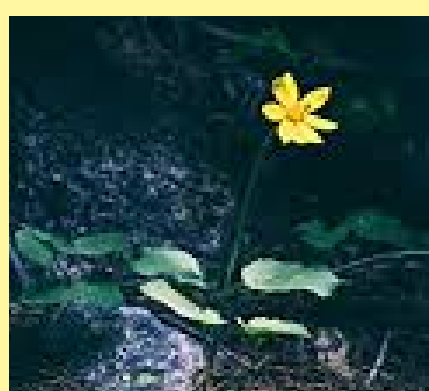
stop, breathe
& think

- Stop (Stop what you are doing. Check in with what you are thinking and how you are feeling)
- Breathe (Practice mindful breathing to create space between your thoughts, emotions and reactions)
- Think (Broaden your perspective, and cultivate peace with personalised meditations and activities)

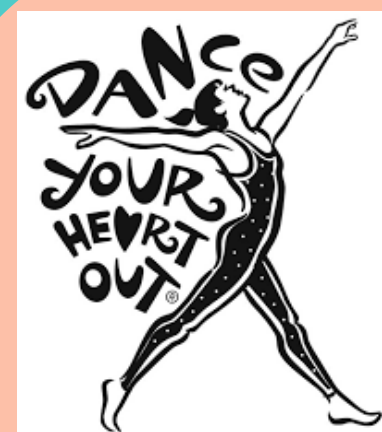


COLOURING

(Mandalas, Doodles, Dreamcatcher)



SOOTHING MUSIC
& NATURE SOUNDS



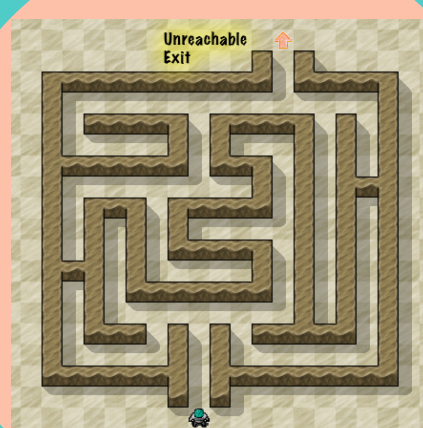
DANCING



COMPLETE THE
PUZZLE



SOLVE THE
SUDOKU



COMPLETE
THE MAZE



SPOT THE
DIFFERENCES



CARD
GAMES



STACK THE
JENGA



THE TOWER OF
HANOI