

WELLBEING WORKOUT

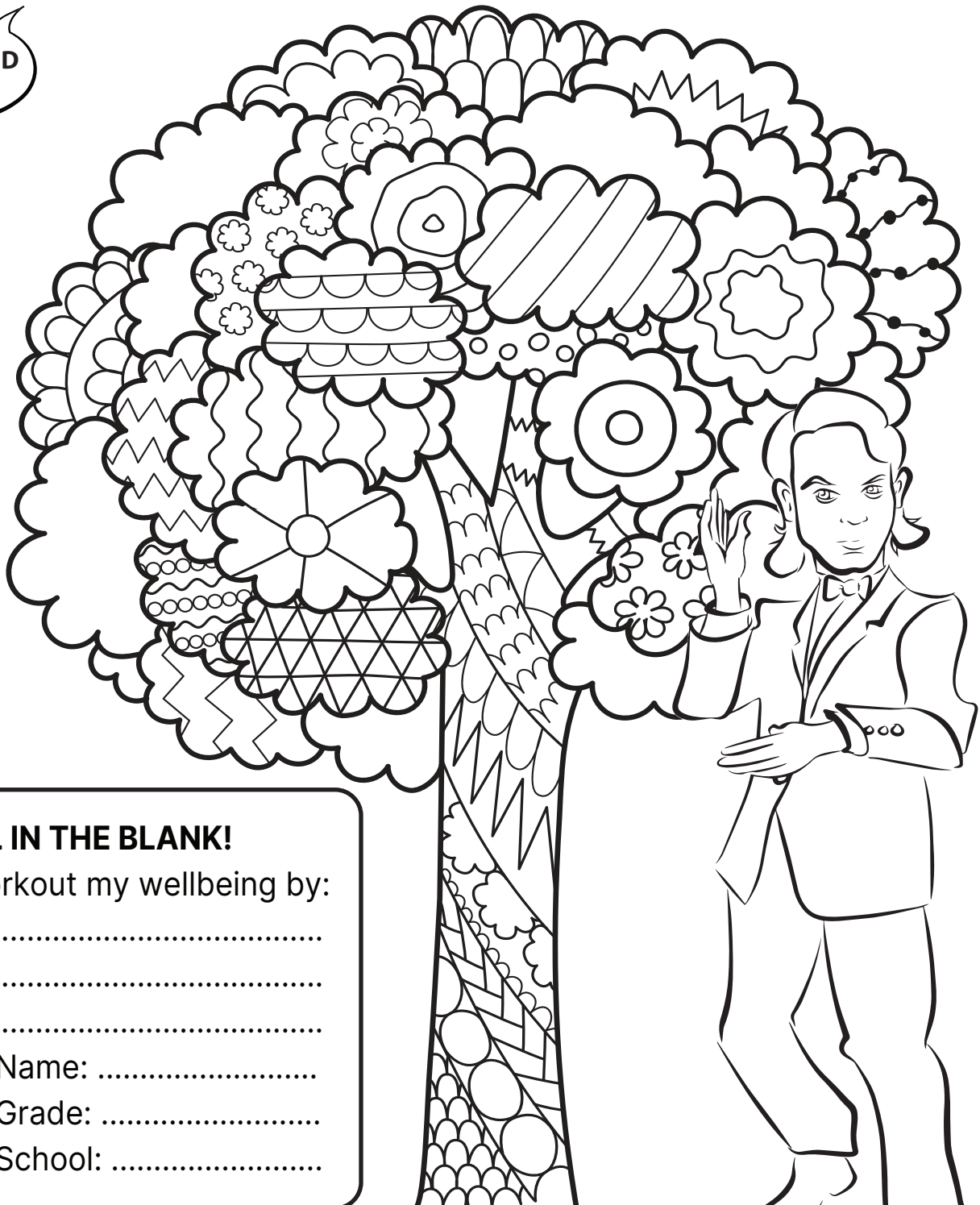
MINDFUL COLOURING

Colouring in can help you practice mindfulness by bringing your awareness to the present moment.



Complete this Wellbeing Workout and send it back to Project Mindset for a chance to meet James Blonde himself!

SCAN AND
SEND!



FILL IN THE BLANK!

I workout my wellbeing by:

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My Name:

My Grade:

My School: