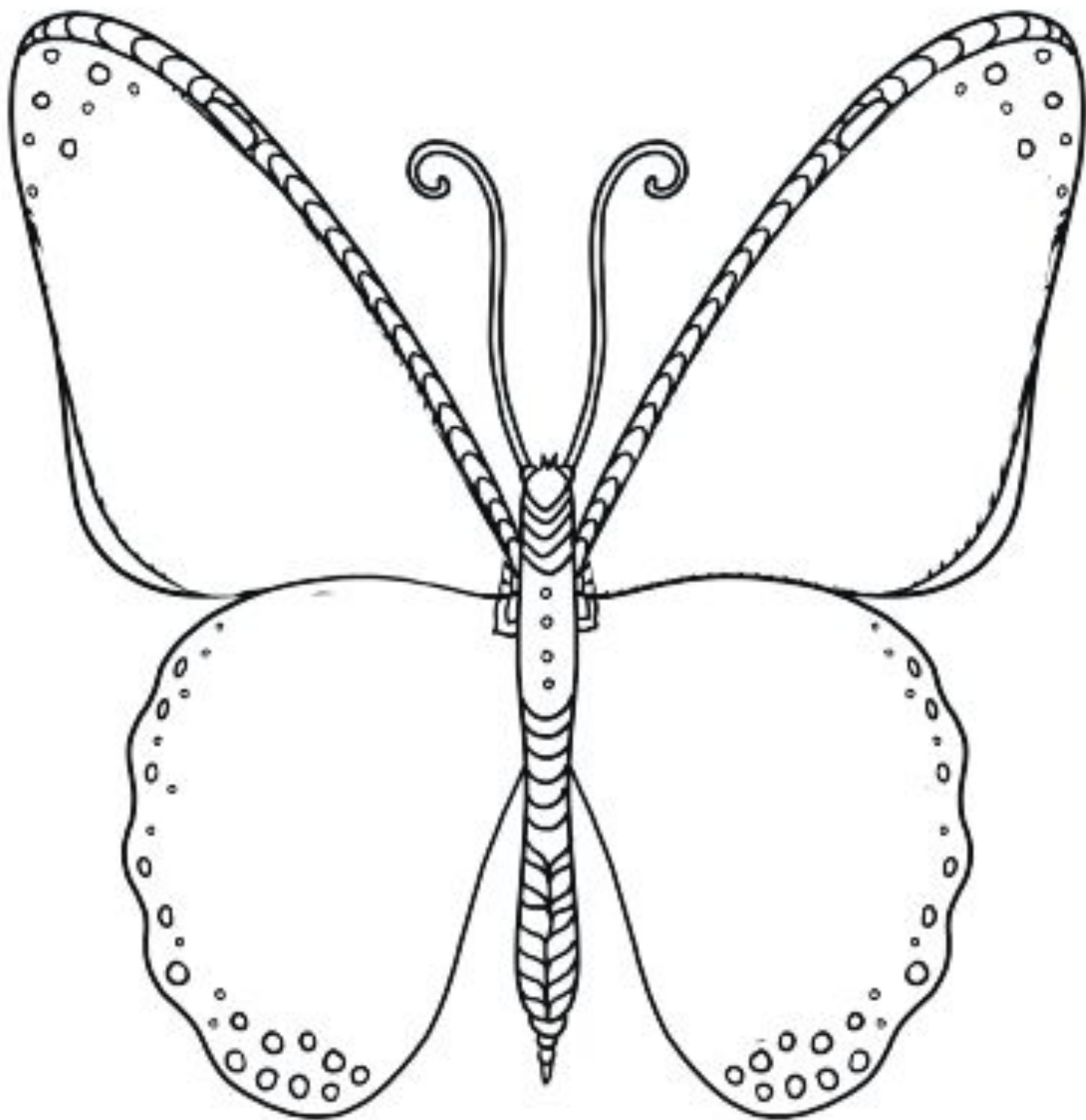


Don't Worry, Be Happy!

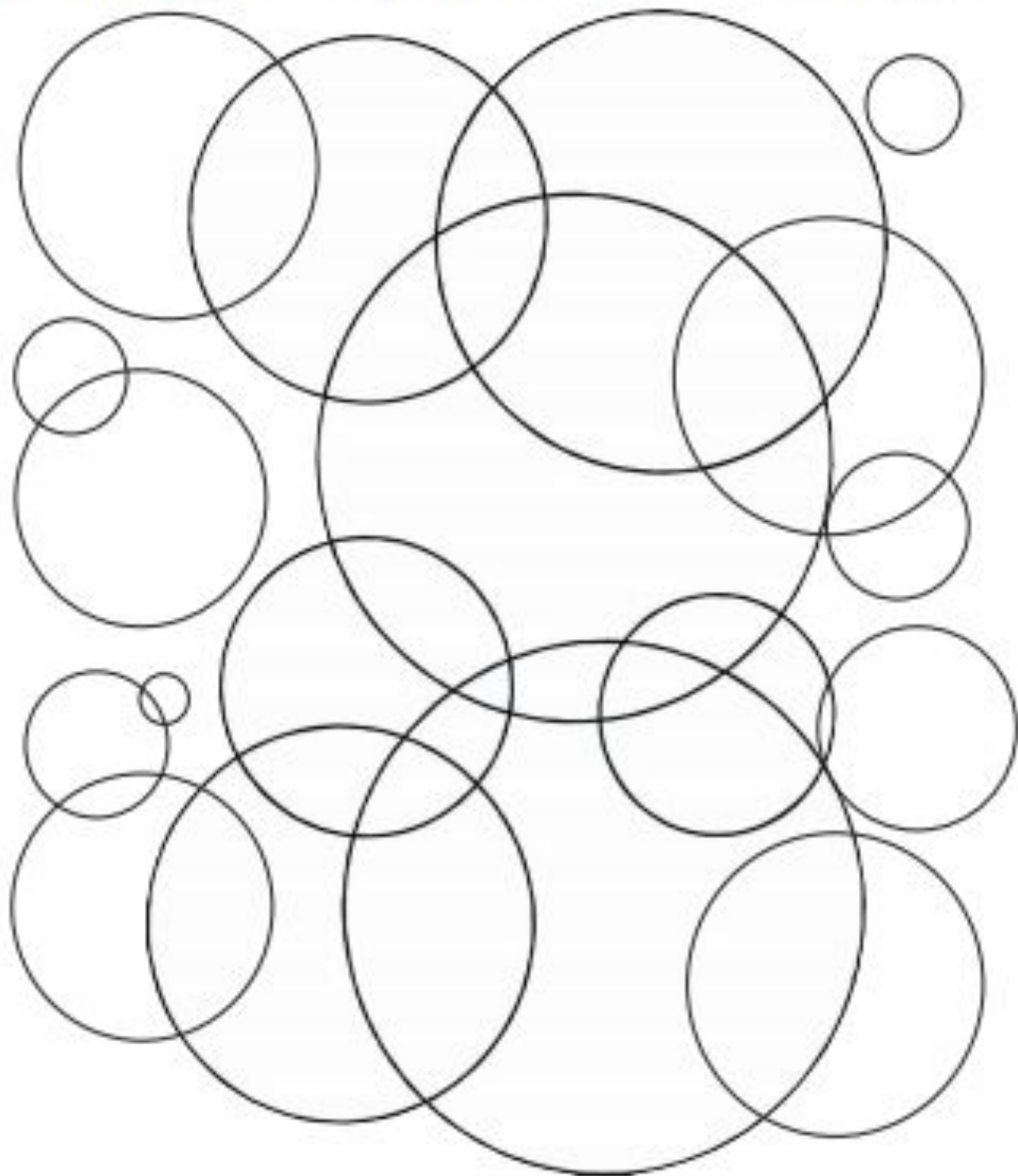
Think about things that make you worry. In the wings of the butterfly, write the things that make you worry and think about your worries flying away. As you write, think about things that make you happy. What can you do to make yourself happy? Imagine yourself without worries, happy and smiling.



Bubbles of Gratitude

Mindfulness Colouring

These are bubbles of gratitude! As you colour each bubble, think of something that you are grateful for. It could be something big or something very small, something that you experience often or something that has just happened once. Thinking of these things helps make us feel calm and happy.



I Am Amazing

Write something amazing about yourself in each of the sun's rays. As you colour the sun, think about all the incredible things that make you special.

