



WEEKLY WELLBEING

MINDFULNESS OF THE WEEK

Monday

1st

February Day 1



Gratitude Break

Take a moment to think about what you are grateful for in life:

- People you are grateful for
- Places you are grateful for
- Things you are grateful for

ACTIVITY OF THE WEEK

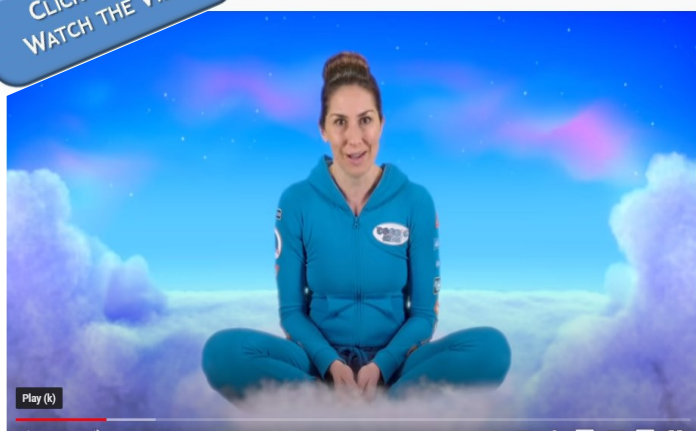
Leave two happy notes for someone to find in your house.

To Do:

1. Don't Worry
2. Be Happy

VIDEO OF THE WEEK

CLICK HERE TO WATCH THE VIDEO



Get Fit



THOUGHT OF THE WEEK

"Yesterday is history, tomorrow is a mystery and today is a gift and that is why we call it the present"



WEEKLY QUIZ

CHECK THIS OUT!

If you are someone who likes to read why don't you try these free audio books on www.getepic.com

epic!

CLICK TO OPEN

Mindfulness
colouring



FUN FACT

Did you know in Switzerland it is illegal to own one Guinea pig or a Parrot !

1. Who were Henry VIII's six wives?
2. What is the World's Longest river?
3. What colour is the 'Black Box' in an aeroplane?

ANSWERS

?



*Don't worry
be Happy*