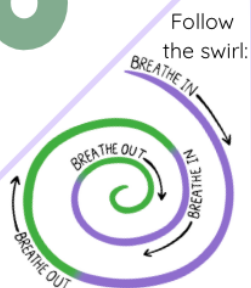


Koala



Kindness

8



4

One step at a time.
Stretch to the left... to the right... add a bit of music... it's boogie time!

Platypus



Peaceful

3

Use your 5 senses to inspire
your creativity.
Create something new.

7

Make a mental list for each
letter from A-Z of things
that bring you peace.

Mindful Mates®

mindfulmates.co

2

Name 10 things your
senses can identify that
contain the letter 'M'.
(Double M's are a
bonus!)

6

Imagine a glow of positive energy
slowly flowing from your head
to your toes.
Relax your muscles
as the energy
passes.

Brave



'Burra

5

Have a chat with the Mates!



1

This moment is yours
to take a deep breath
and choose your own
peaceful activity.

Resilient



'Roo