

<div>Kindness</div> <div>Koala</div> <div></div>	<div>8</div> <div></div> <div>Follow the swirl!</div>	<div>4</div> <div>One step at a time. Stretch to the left... to the right... add a bit of music... it's boogie time!</div>	<div>Peaceful</div> <div>Platypus</div> <div></div>
<div>3</div> <div>Use your 5 senses to inspire your creativity. Create something new.</div>	<div>Mindful Mates®</div>		<div>7</div> <div>Make a mental list for each letter from A-Z of things that bring you peace.</div>
<div>2</div> <div>Name 10 things your senses can identify that contain the letter 'M'. (Double Ms are a bonus)</div>		<div>mindfulmates.co</div>	<div>6</div> <div>Imagine a glow of positive energy slowly flowing from your head to your toes. Relax your muscles as the energy passes.</div>
<div>Brave</div> <div>'Burra</div> <div></div>	<div>5</div> <div>Have a chat with the Mates!</div> <div></div>	<div>1</div> <div>This moment is yours to take a deep breath and choose your own peaceful activity.</div>	<div>Resilient</div> <div>'Roo</div> <div></div>