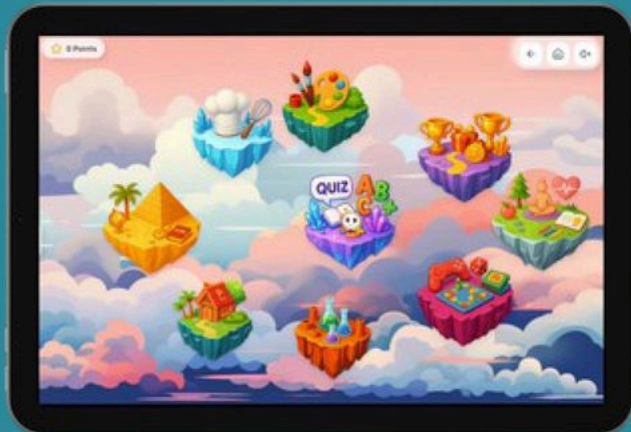




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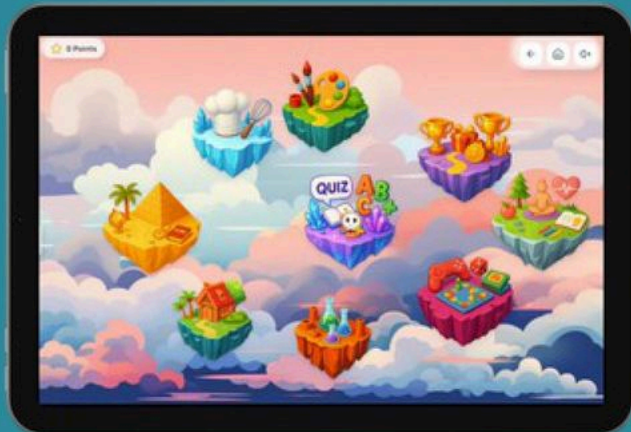


Mindfulness Colouring - Years 5-6

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Mindfulness Colouring - Years 5-6

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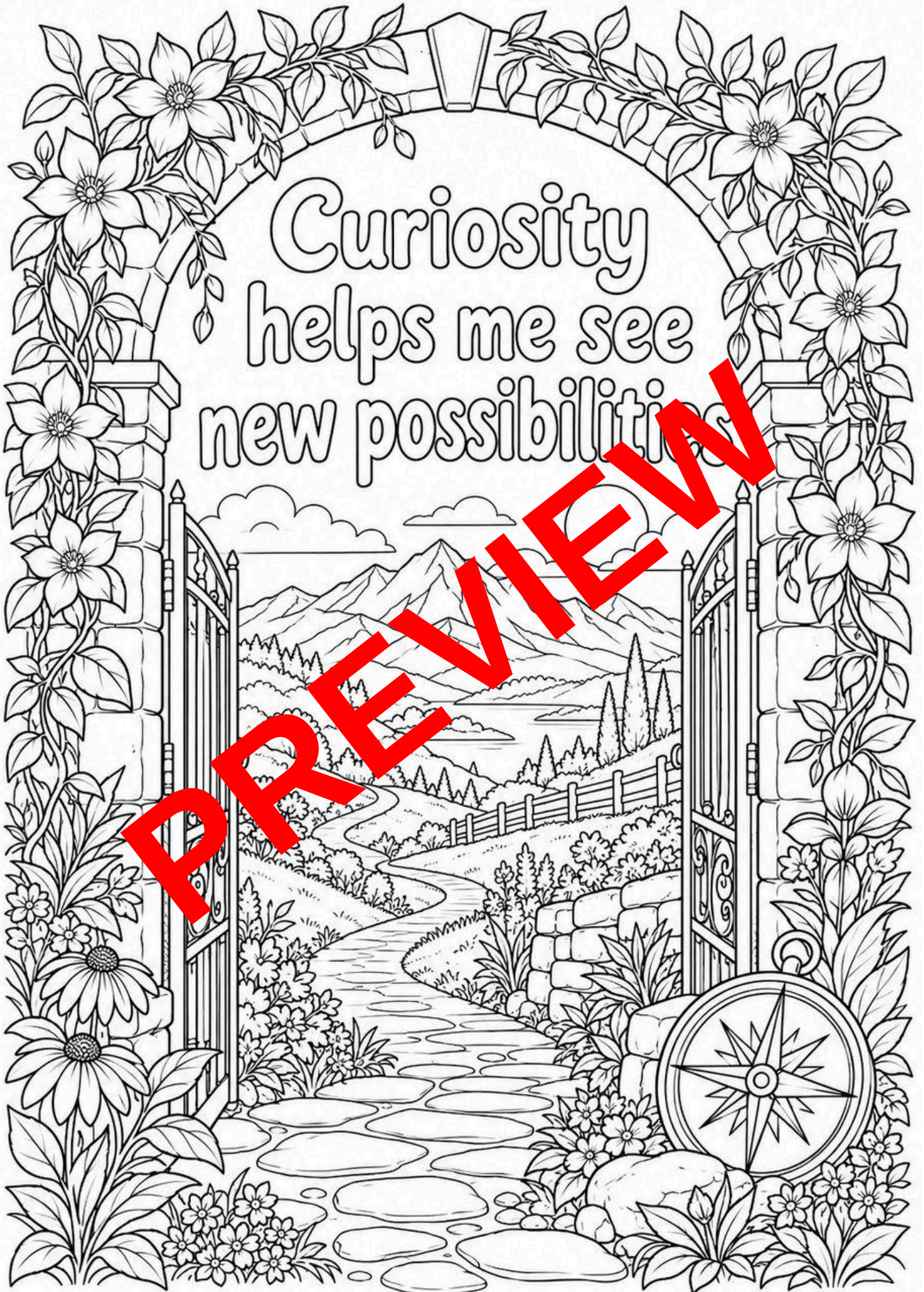






Curiosity
helps me see
new possibilities

PREVIEW











My next step
can be a
small one

PREVIEW





I can ask
for help and
keep growing











I can
notice what is
here right now









I can try a
strategy that
works for me

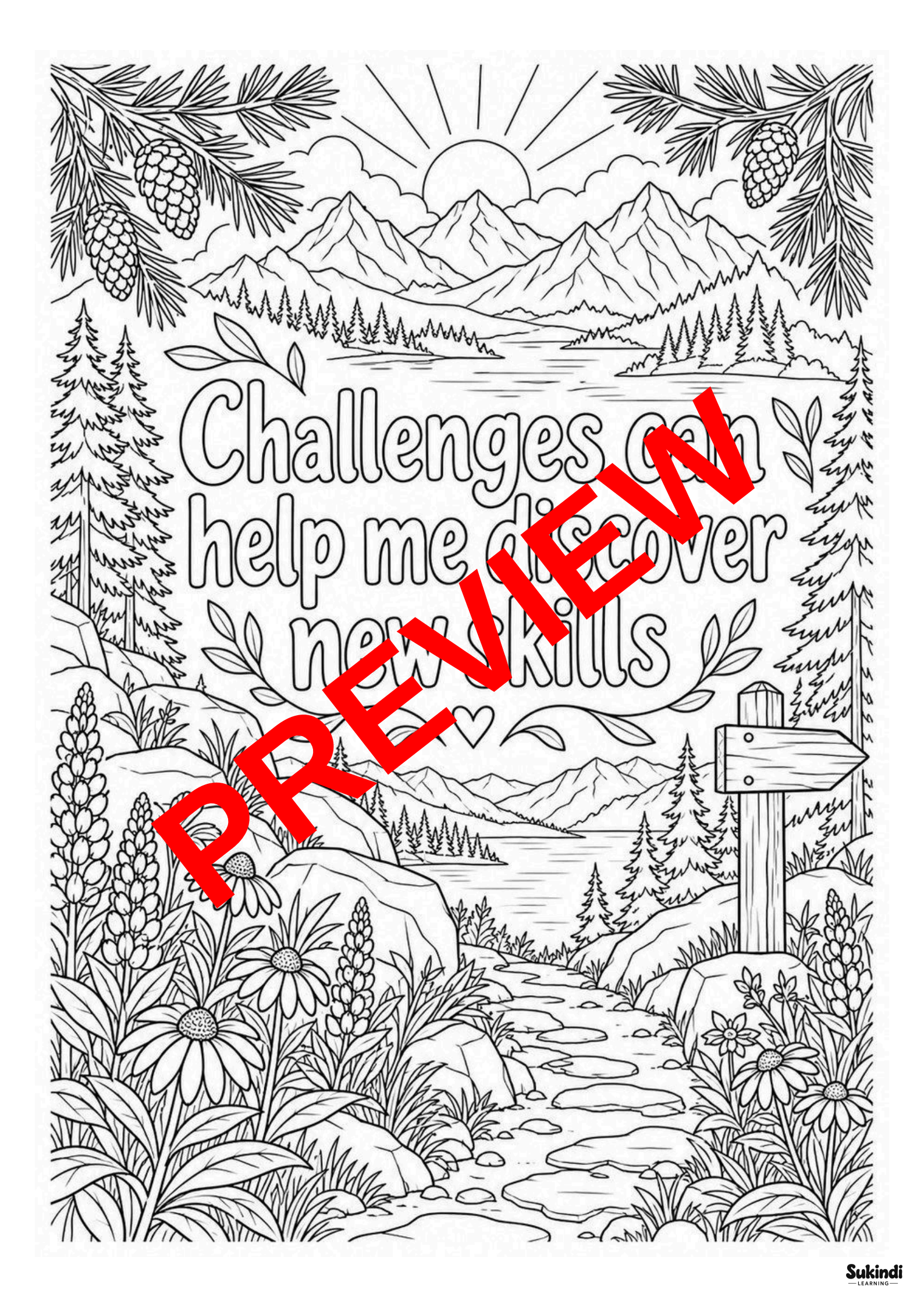
PREVIEW











Challenges can
help me discover
new skills





I can
make space
for new
ideas

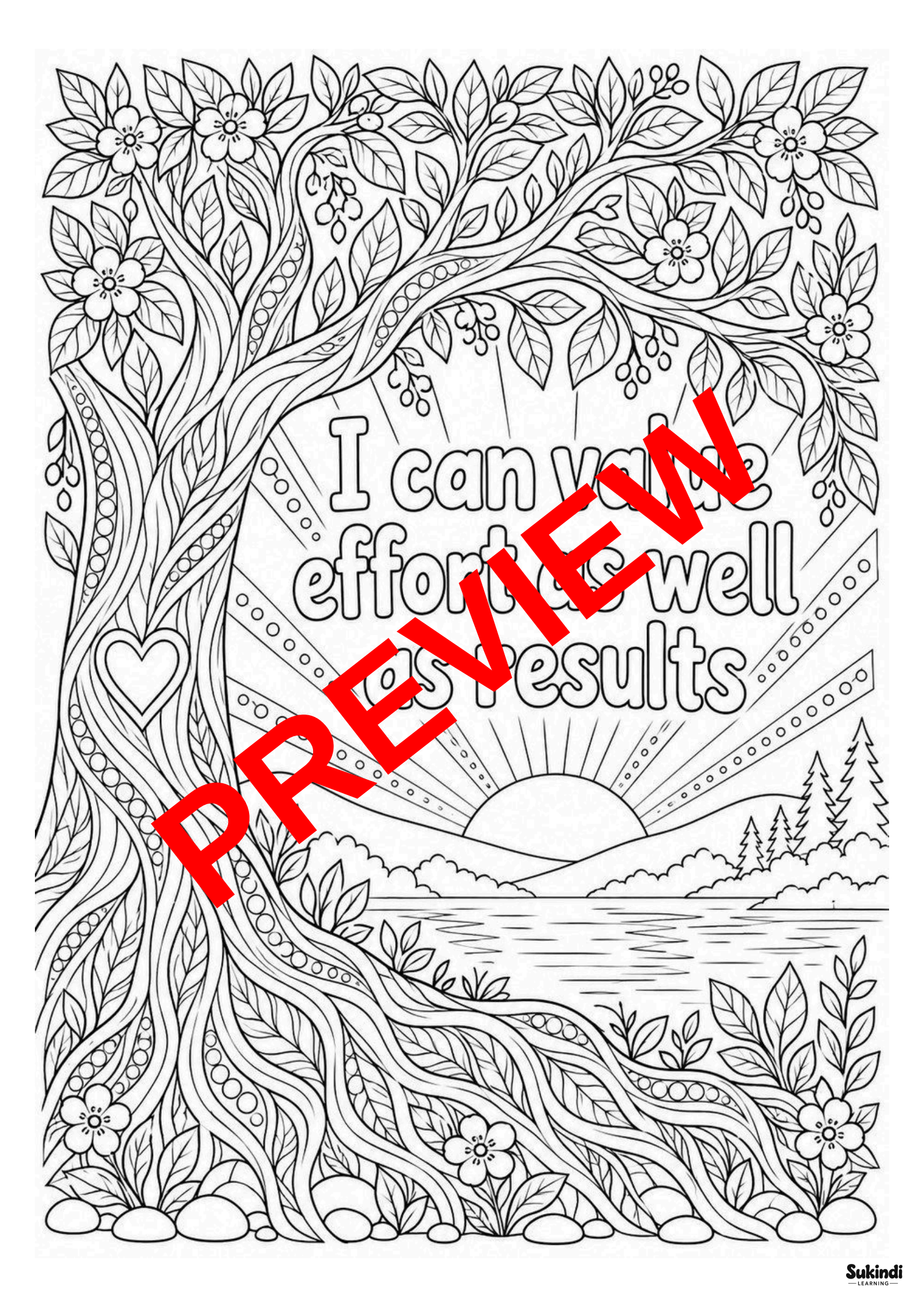




Growth
takes time and
thoughtful
practice





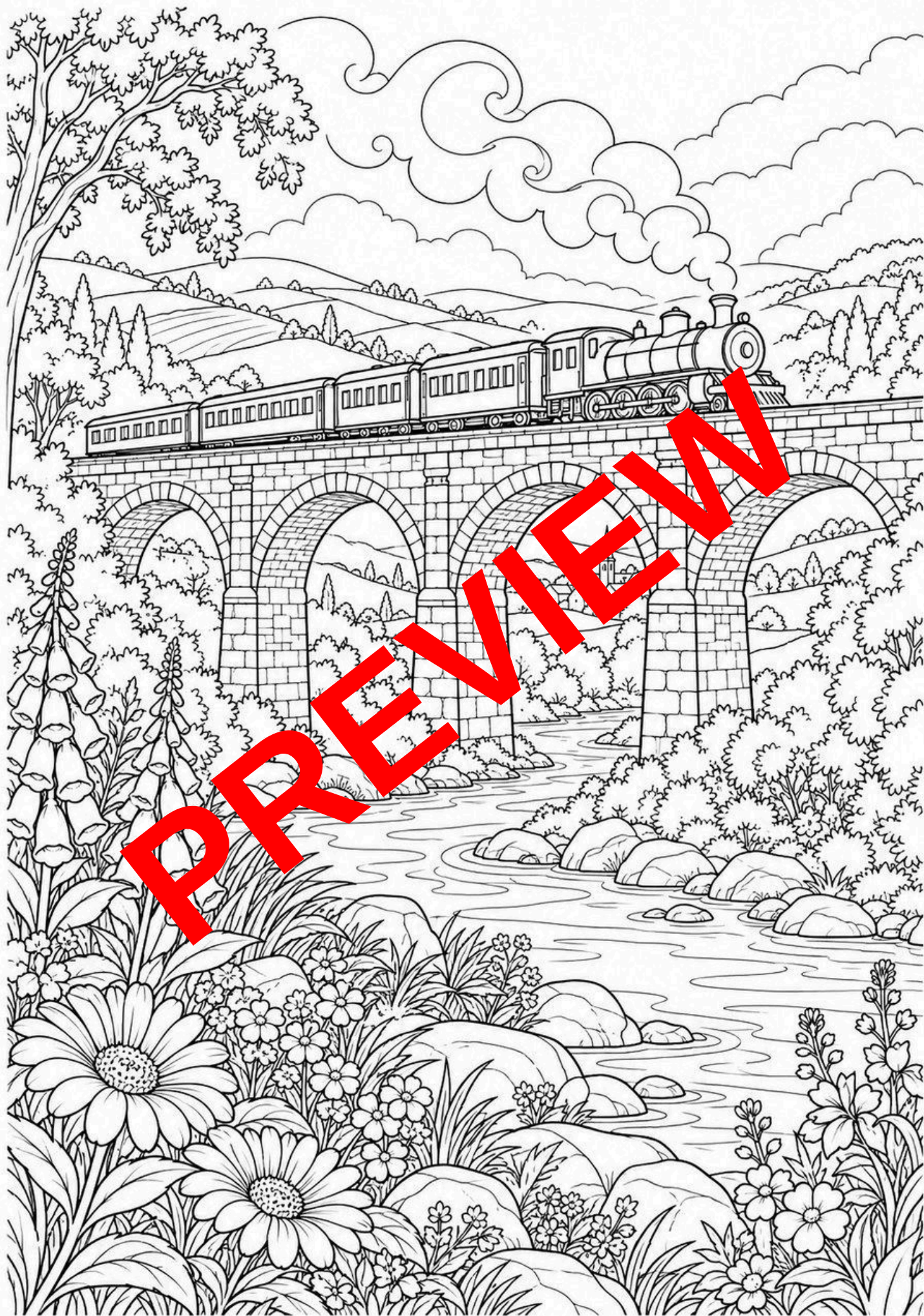


I can value
effort as well
as results



We can build
a kinder
community











I can recognise
how far
I have come

