



Do something mindful and remember to relax



Complete a mindfulness activity and remember it's important to make time for your 'elf!

Activity Type

Add image: /home/pawprintfamily/public_html/_theme/pdf/icons/activity-settings.png

Time



Environment



Price



Age

5 - 7
7 - 11
14 - 18

Subject
Wellbeing

Soft Skills

Creativity
Imagination
Mental Health Awareness
Responsibility

