



Do something mindful and remember to relax



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

Time



Environment



Price



Activity Type

Add image: /home/pawprintfamily/public\_html/\_theme/pdf/icons/activity-settings.png

Age

5 - 7  
7 - 11  
14 - 18

Subject  
Wellbeing

Soft Skills

Creativity  
Imagination  
Mental Health Awareness  
Responsibility

