

# BIG LIFE BOOST

PREP - GRADE 2



# M

Sit in a comfortable seated position, or lie down on your back with your eyes closed. Take a few deep breaths so you are relaxed.

Notice **3** things you can see.



Notice **2** things you can hear.



Notice **1** thing you can feel.



Take 3 more deep breaths and open your eyes.

## 3-2-1 Mindfulness

# T

Colour in the qualities you think are important in a friend. Add 2 more.



Kind	Bossy	Honest	Fun	Good listener
Serious	Fair	Funny		

# W

Try some of these yoga poses:

## GET ACTIVE



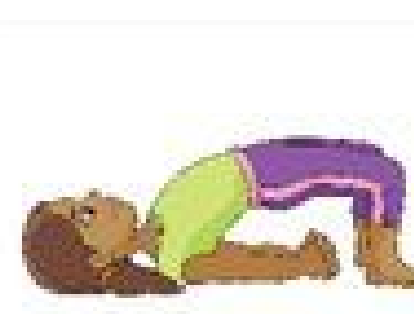
cat



cobra



dog



bridge



frog

# T

## Draw something that makes you laugh!



# F



Doing kind things for others makes them - and us - feel good! Go and ask someone in your household or school if you can do a job to help them.

