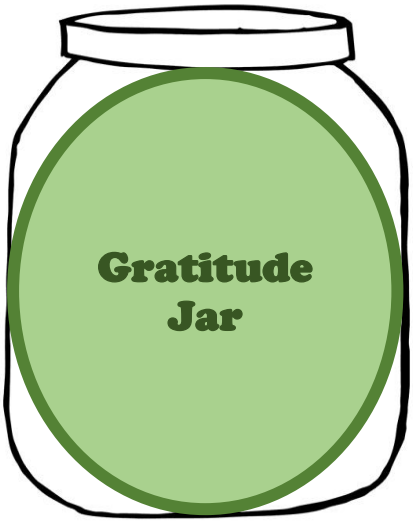
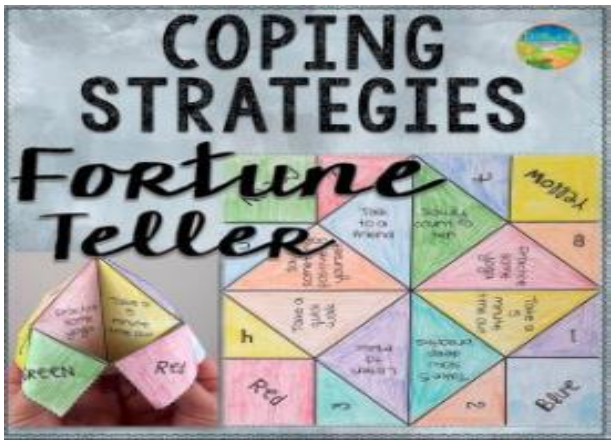
Mental Wellbeing Activities

A few activities you may like to try…..

Baking with Belper





Compassionate Mind Worksheet

5 Senses Grounding Technique

Progressive Muscle Relaxation