

Mental health and well-being weekly #4

Mindfulness thought for the week

I am focused

Mindfulness saying of the week:

When I know better, I
will do better

Mindfulness challenge: QUIZ TIME!

1. How many years are there in a millennium?
 2. What is the name of Harry Potter's pet owl?
 3. What is the largest planet in the solar system?
 4. What is the name of the mammoth in the Ice Age films?
 5. Which artist painted the Mona Lisa?
- Answers next week.

Have a great week!