

## Mental health and well-being weekly #6

Mindfulness thought for the week

How do I really feel?



Mindfulness saying of the week:

Just breathe.

### Mindfulness challenge: QUIZ TIME!

Answers to last week: The White House, 30, Olaf, Gold, Pen

1. In which sport was Mohammad Ali a world champion?
2. What is the name of the lion in "The Lion, The Witch and The Wardrobe"?
3. In which country is the Sphinx located?
4. Which chess piece can only move diagonally?
5. What colour belt are martial arts experts entitled to wear?

Have a great week!

