

Mental health and well-being weekly #9

Mindfulness thought for the week

**You are always on your way to
an adventure!**

Mindfulness saying of the week:

Impossible means I'm possible!

Mindfulness challenge:

Answers to last week's riddle: The farmer brings the chicken across. He then goes back and brings the fox across, and brings the chicken back with him to the other side of the river and drops off the chicken. He then brings the sack of corn across and finally goes back for the chicken and brings it across. 😊

This weeks kindness challenge:

As it's anti-bullying week, your individual challenge is to be kind to someone who never quite fits in.

Have a great week!

