

Mental health and well-being weekly #11

Mindfulness thought for the week

**Leaps of faith put us in
astounding new places!**

Mindfulness saying of the week:

**Dream it.
Believe it.
Achieve it.**

Mindfulness challenge:

Answers:15; black; yellow; basketball;boomerang.

It's QUIZ time again 😊 with a geographical theme this week.

1. At more than 6.5 million square miles, what is the largest country in the world?
2. What colour are motorways on British road maps?
3. Mumbai, Chennai and Kolkata are major cities in which country?
4. Which sea separates Europe from Africa?
5. Which country has the largest population?

Only me more full week to go!

