

Mental health and well-being weekly #10

Mindfulness thought for the week

Just because someone carries it well doesn't mean it isn't heavy.

Mindfulness saying of the week:

JUST BREATHE

Mindfulness challenge:

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

1. How many players are there in a rugby union team?
2. What colour belt are martial arts experts entitled to wear?
3. What colour jersey is won by the leader in the Tour de France?
4. In which sport might you slam dunk?
5. What is the name of the Australian throwing stick that returns to its thrower?

It's getting colder so dig out your thermals!

