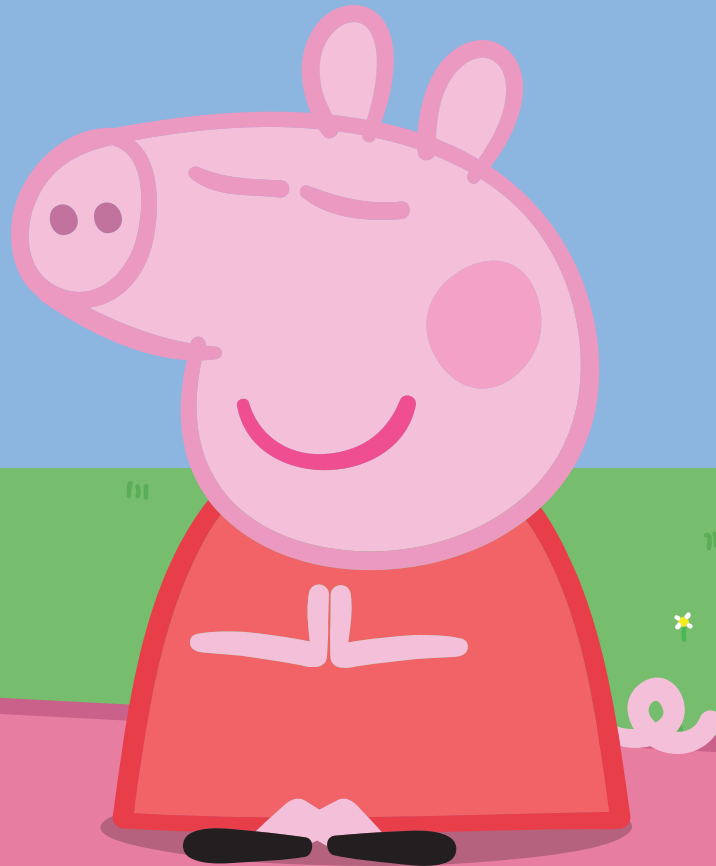


Meditation: 3 simple steps

1. Sit comfortably

2. Close your eyes

3. Take deep breaths



YOU WILL NEED

- Colouring pens/pencils
- Scissors
- Glue Stick
- String
- Sticky Tape
- An adult to help you!

INSTRUCTIONS

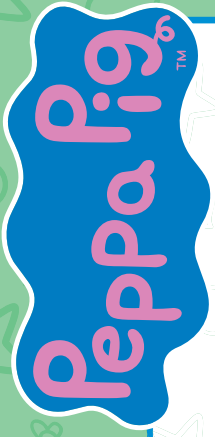
- 1 Colour in the characters on each side of the dice
- 2 Carefully cut out your design
- 3 Fold along the lines then glue along the tabs
- 4 Bring sides together to form the dice



HOW TO PLAY

- 1 Throw the dice
- 2 Do the pose you land on
- 3 The player who gets all six poses first is the winner!

Five a Day



Eat a different portion
of fruit or veg,
then tick a box
for that day.

Monday

Tuesday

Wednesday

Thursday

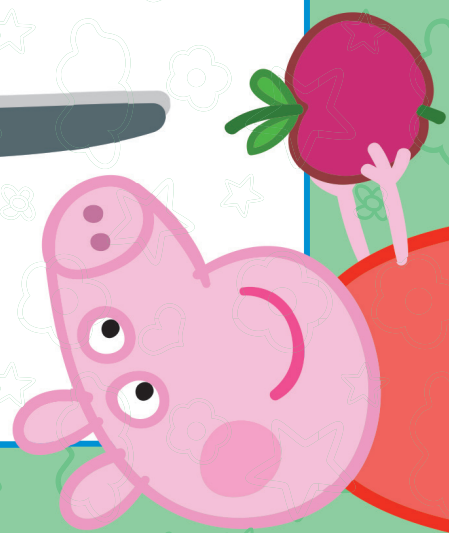
Friday

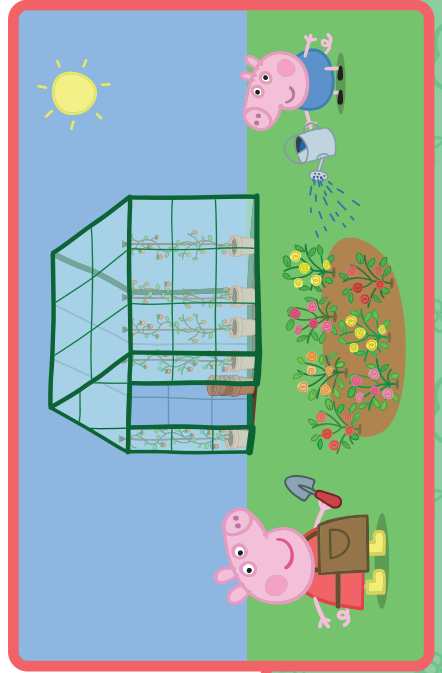
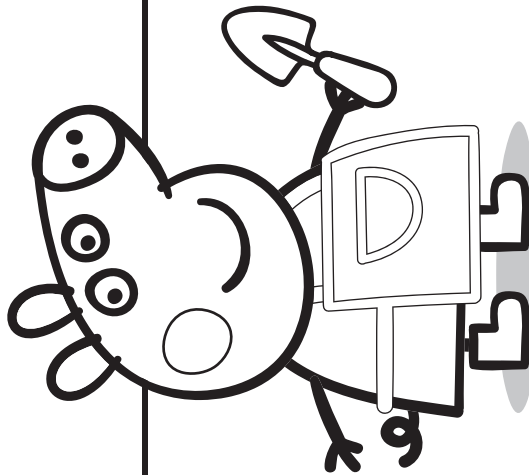
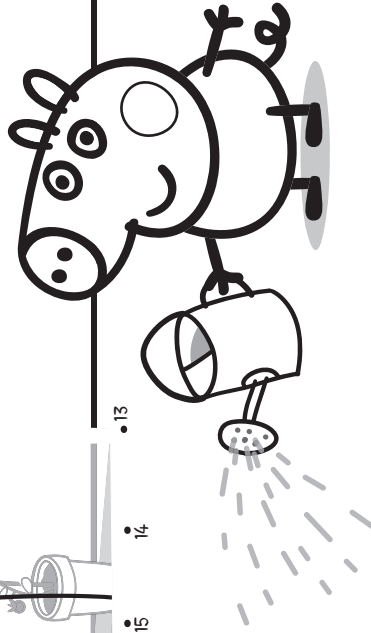
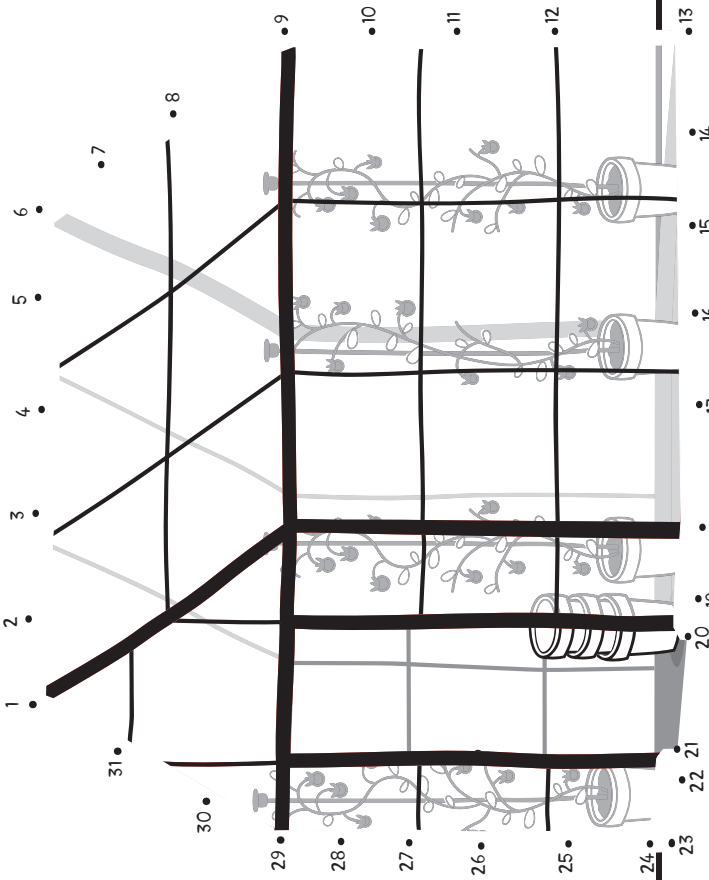
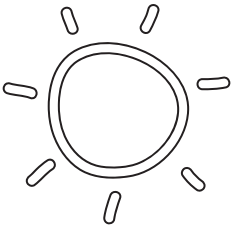
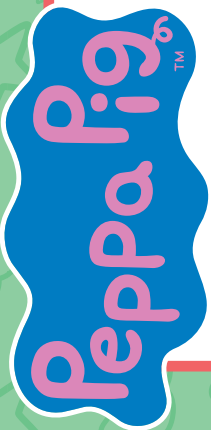
Saturday

Sunday

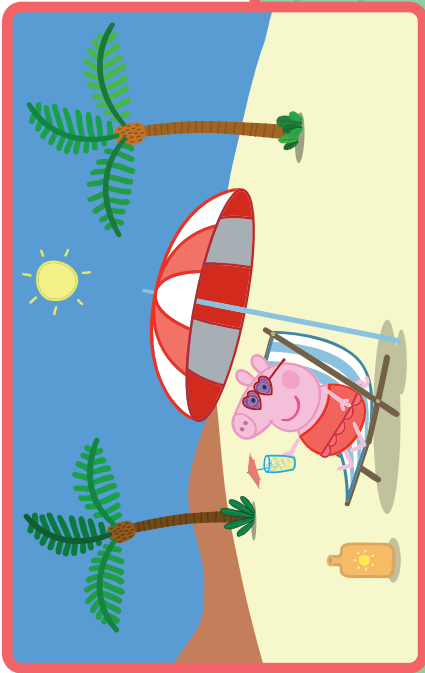
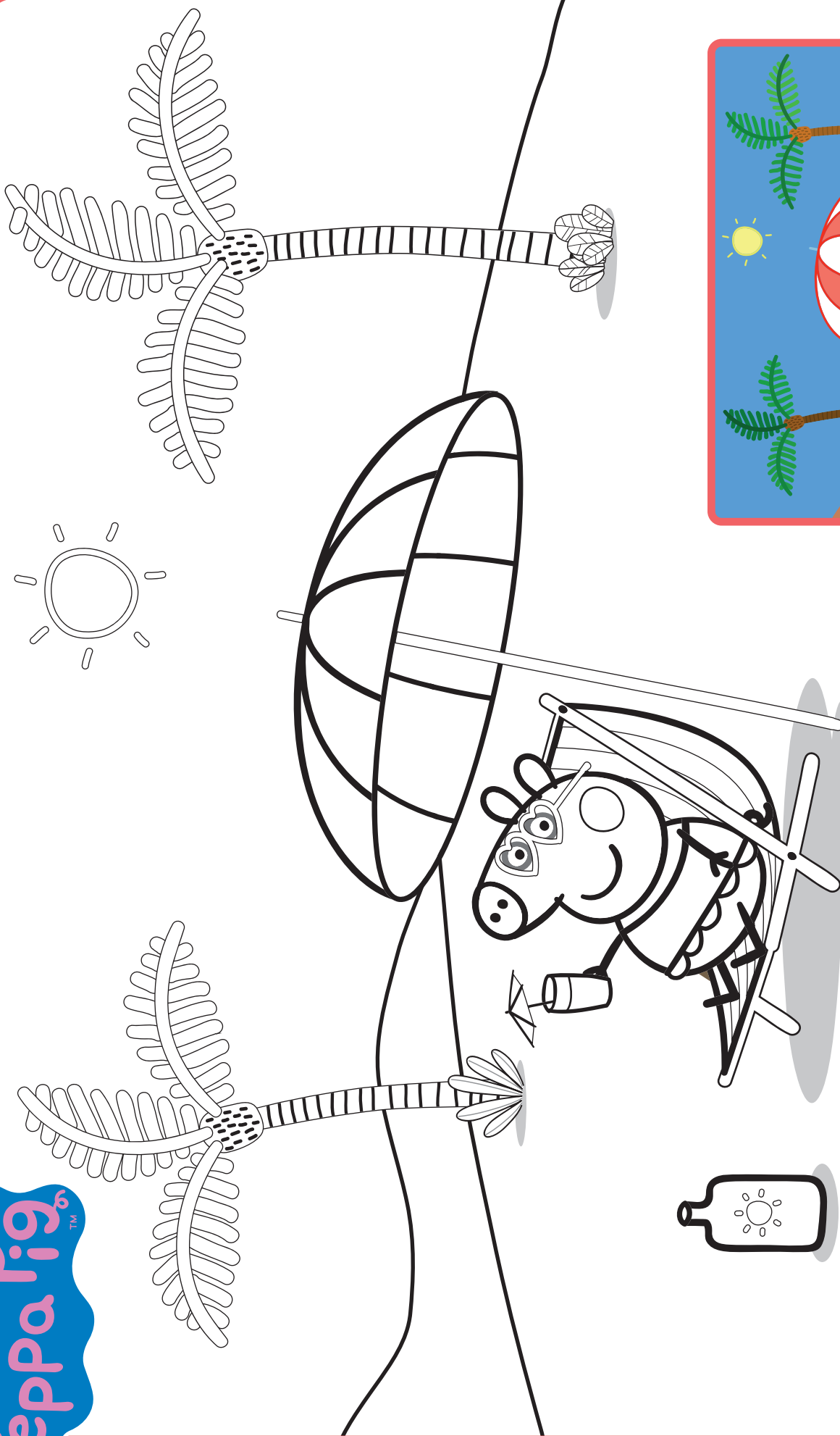
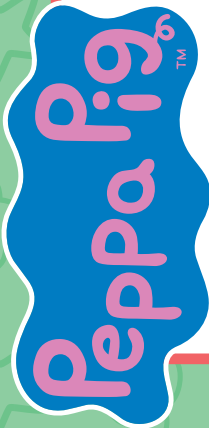


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