



Wellness Workshop

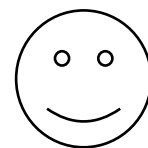
NAME: _____

TINIES
8TH AUGUST 2020

Wellness Workshop



Draw some things that make you happy



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HAVE YOU FILLED SOMEONE'S
BUCKET TODAY?

♥ WHAT IS THE 'BUCKET'?

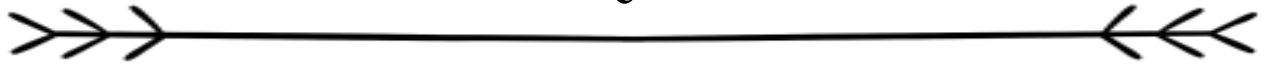
♥ HOW DO YOU FEEL WHEN YOUR BUCKET IS FULL?

♥ HOW DO YOU FEEL WHEN YOUR BUCKET IS EMPTY?

♥ WHAT IS BUCKET FILLING?

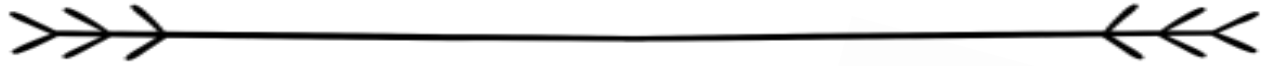
♥ WHAT IS BUCKET DIPPING?

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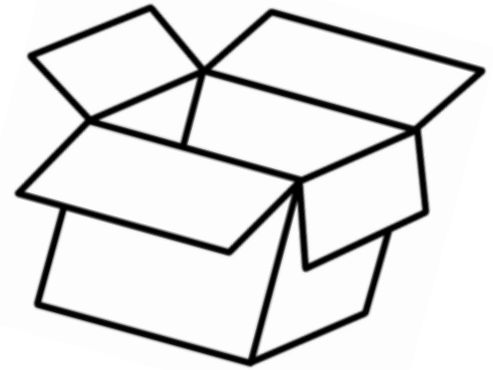


I'M A SUPER HERO!

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MY WELLBEING BOX



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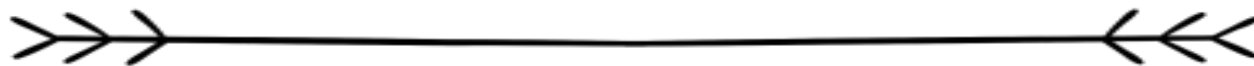
HOW I FEEL WHEN I'M AT HOME WITH MY FAMILY



HOW I FEEL WHEN I'M AT CALISTHENICS



HOW I FEEL WHEN I'M AT SCHOOL OR KINDER

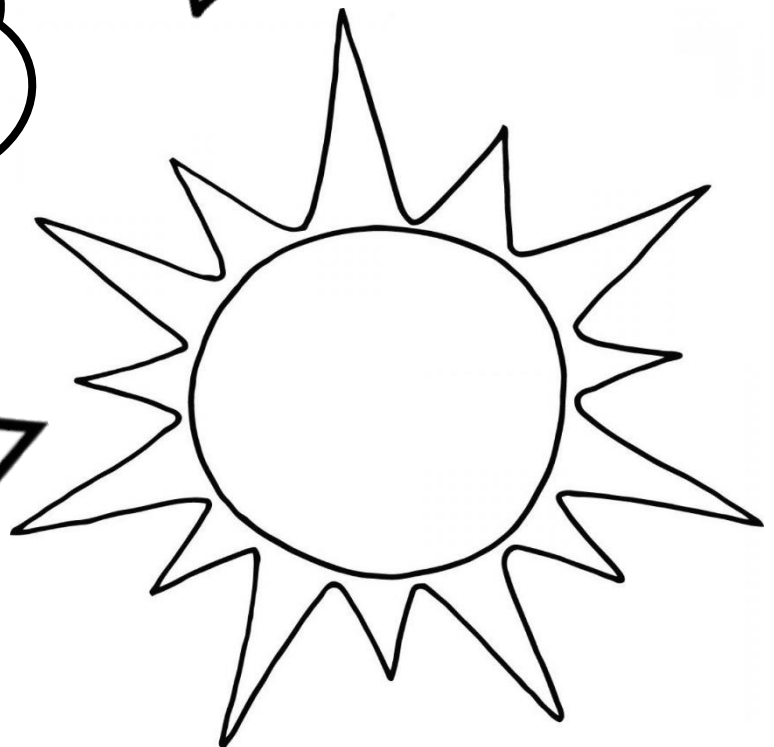
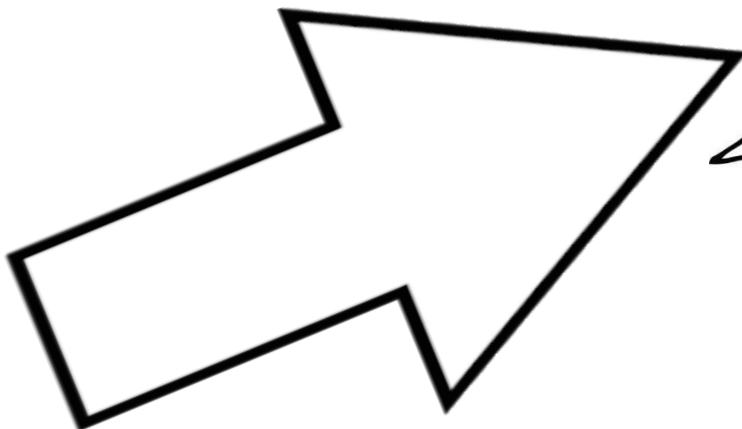
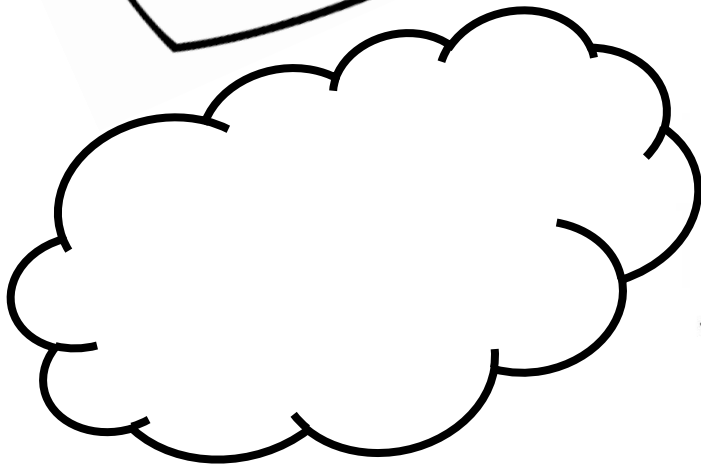
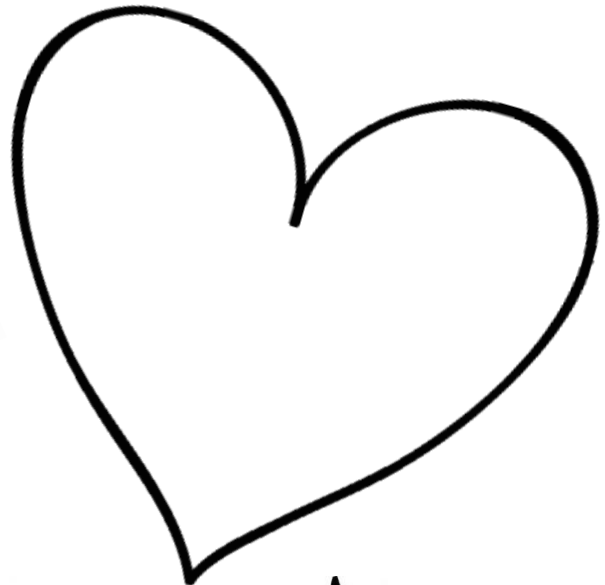
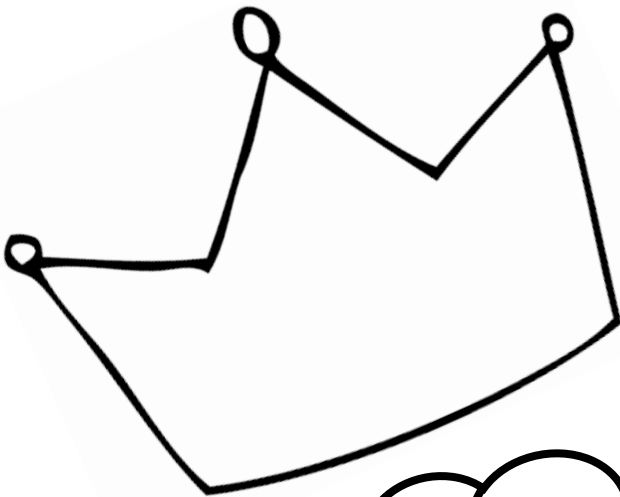


BE brave. BE creative. BE kind.
BE thankful. BE happy.
BE YOU!

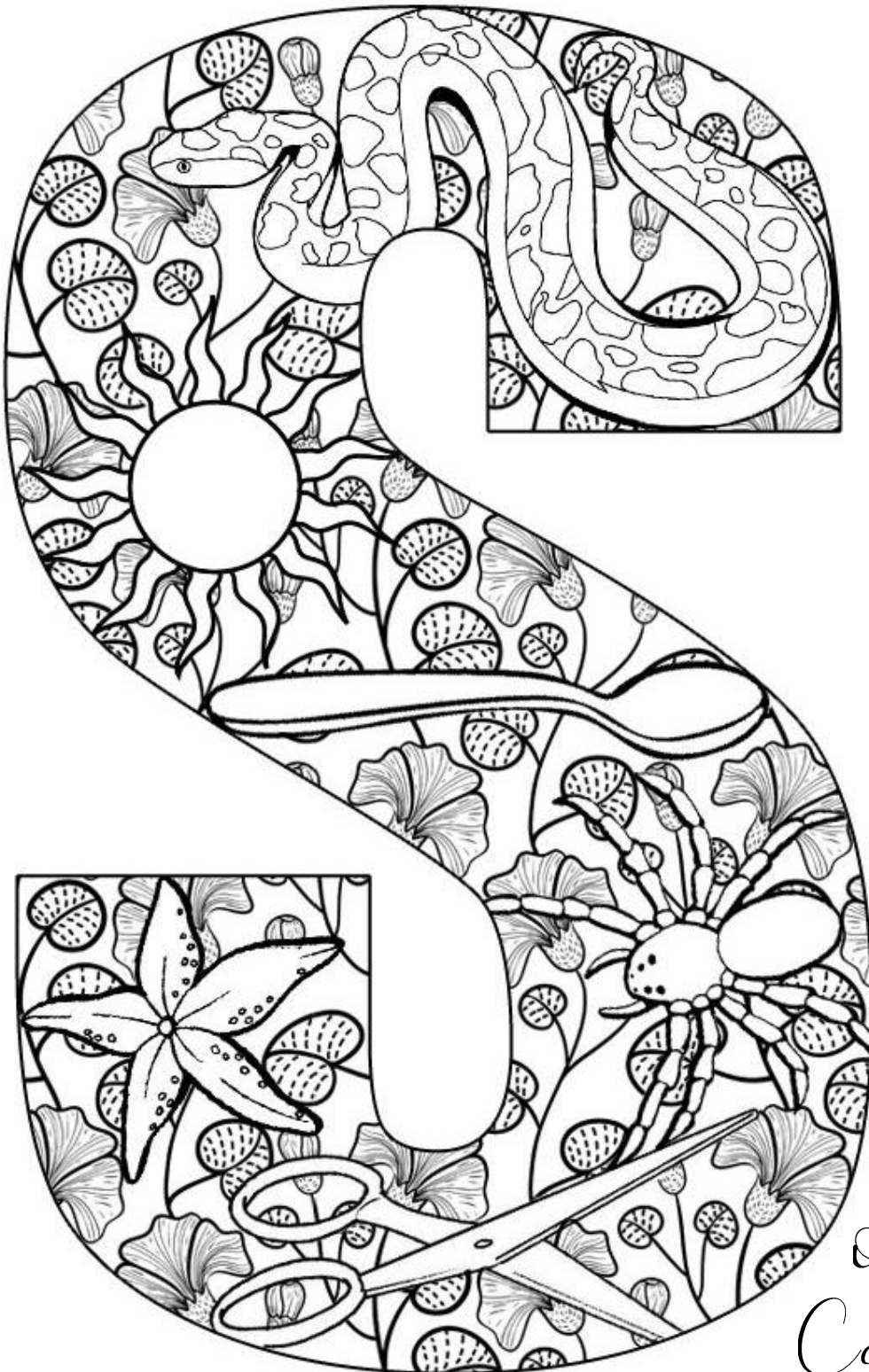
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Adults in my world that I trust



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Sorella
Calisthenics