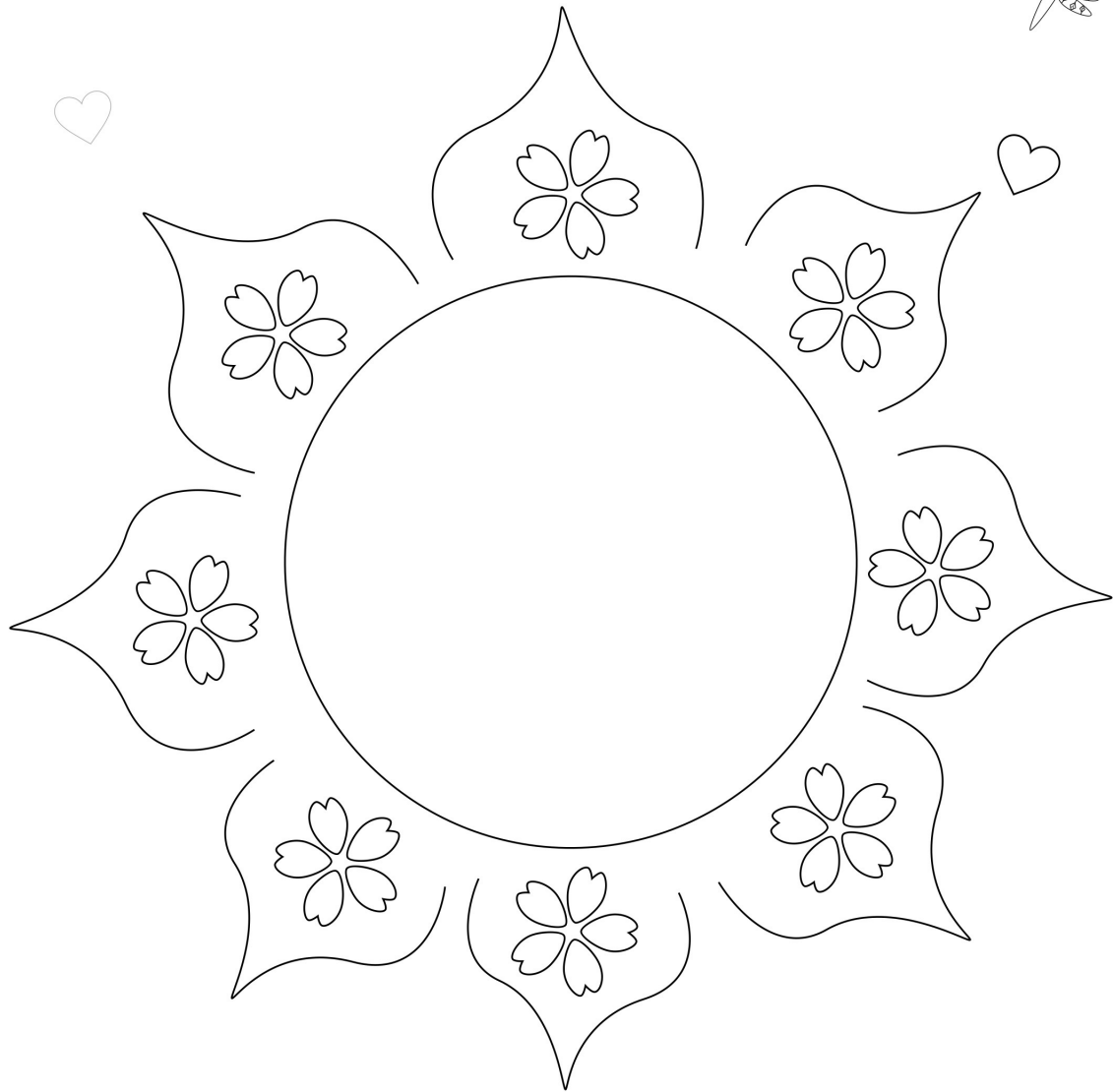


Slowly trace your finger along the outline of the flower mandala.

Fill the mandala with a picture, patterns and colours that help you feel calm.

Nature Flow



I AM CALM

When you have completed this activity, tag a photo of it on our instagram @sealight.life and we'll send you a free gift!



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