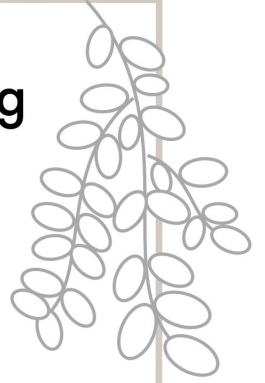
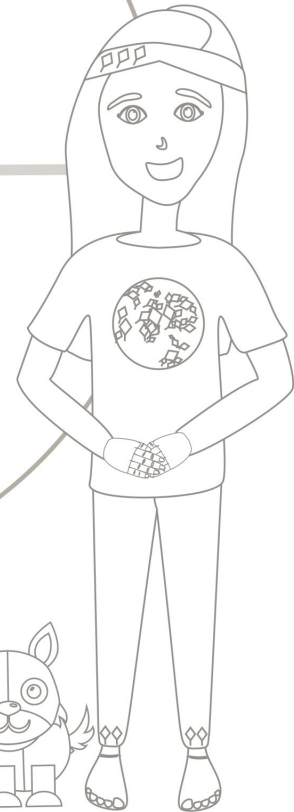


Draw a picture of yourself practicing your favourite mindful movement.

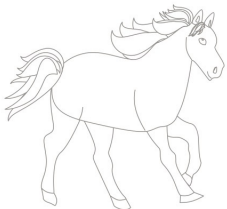


Nature Flow



My favourite mindful movement is:

.....



This helps me feel:

.....

Write down one thing you enjoy about nature:

.....



www.sealight.life

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