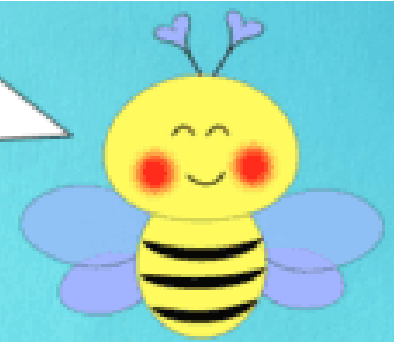


MINDFULNESS RAINBOW WALK

Bee here now and
take notice of the
colours around you



Mindfulness Rainbow Walk

What can you see that is:

- Red
- Yellow
- Blue
- Green
- Orange

Write what you see
in each colour of
the rainbow

