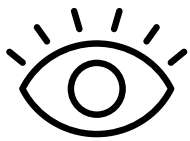


5 Senses Mindfulness

Go for a walk with your Family
Use your 5 Senses WHAT CAN YOU



SEE



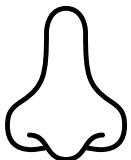
HEAR



TOUCH



SMELL



TASTE

