



Day 16

**Journal Prompt:** The last time I laughed really hard was...



**Activity 1:**

Guided Imagery can help you with relaxation, sleep, anxiety and stress.

Find a quiet place without distractions and listen to one of the guided imageries on the website

below:

<https://www.newhorizonholisticcentre.co.uk/kids-meditation.html>

**Activity 2:**

Go outside with a family member and look up at the clouds. Do you see any shapes? Do they see the same thing or something else?



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