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SERENE SEPTEMBER

BINGO



September is a time to find ways to relax your body and mind



Can you colour in all the squares as you do them...?



Can you get 3 in a row? Horizontally, vertically or diagonally? Can you get a FULL HOUSE?

Take 5 deep, slow breaths

Breathe in slowly, then breathe out slowly. Repeat 5 times.

Find somewhere peaceful

Find a quiet place where you can relax and feel comfortable.

Notice 3 things around you

Look around and notice three things you can see, hear or feel.

Listen to calming sounds

Listen to sounds that help you feel peaceful and relaxed.

Stretch your body

Gently stretch your arms, legs or body and notice how it feels.

Notice how your body feels

Pause for a moment and notice how your body feels right now.

Think of a happy and serene memory

Think about a time when you felt calm, peaceful or happy.

Draw a peaceful place

Draw somewhere you would feel calm, safe and relaxed.

Spend time in nature

Go outside and notice the sights, sounds and smells around you.

I am a serenity spotter



How have you shown serenity this month?



Colour in your badge and cut it out!

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Think of a happy and serene memory <i>Think about a time when you felt calm, peaceful or happy.</i>	Draw a peaceful place <i>Draw somewhere you would feel calm, safe and relaxed.</i>	Spend time in nature <i>Go outside and notice the sights, sounds and smells around you.</i>

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