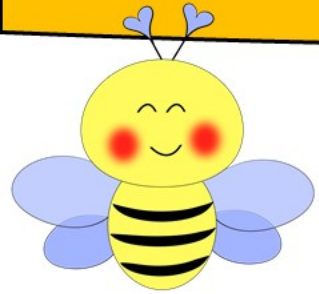


Valentine's Mindful Colouring



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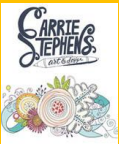
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MINDFULNESS COLOURING CHALLENGE



Colour in one heart a day for a whole week. Write how it made you feel beneath each heart

