

# Relationship Skills

Me & Others

5

How might you...

Help a friend who  
with schoolwork?  
suggestions you  
you would say th  
friend improve.

# Self-Awareness

Me

6

Close your eyes and...

Think about what you could do today  
to feel important. Where might you  
going? Try to  
place.

# Mindfulness Activity Cards

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# Really Good Stuff Activity Guide

**A Loxley**



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