

MINDFULNESS: TAKE TIME TO FEEL WHAT YOU'RE FEELING



Mindfulness: Staying aware of our thoughts, feelings and actions can help make the world a kinder place.



childline

ONLINE, ON THE PHONE, ANYTIME

If you ever need support you can call
0800 1111, or visit childline.org.uk/kids

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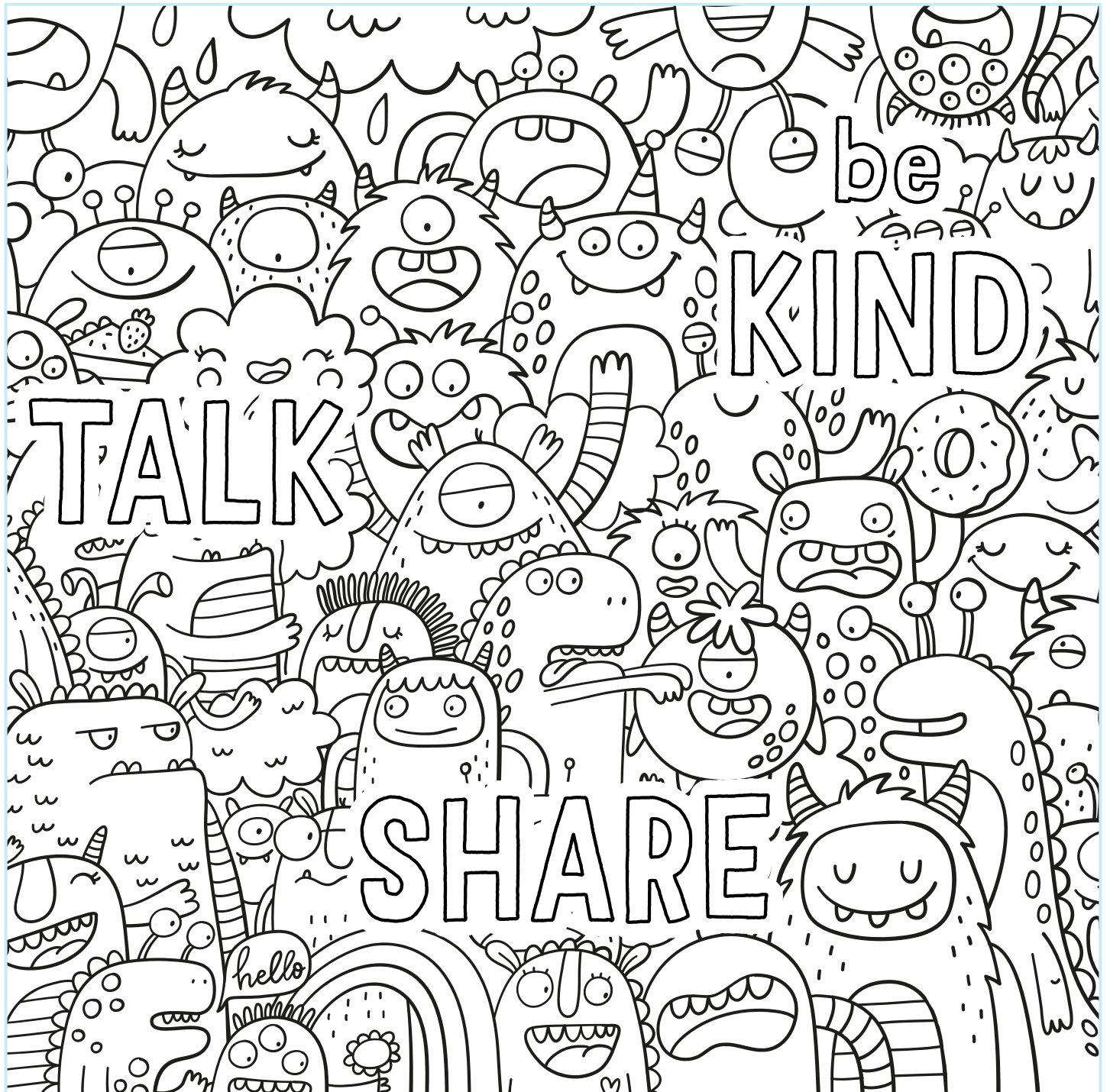
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