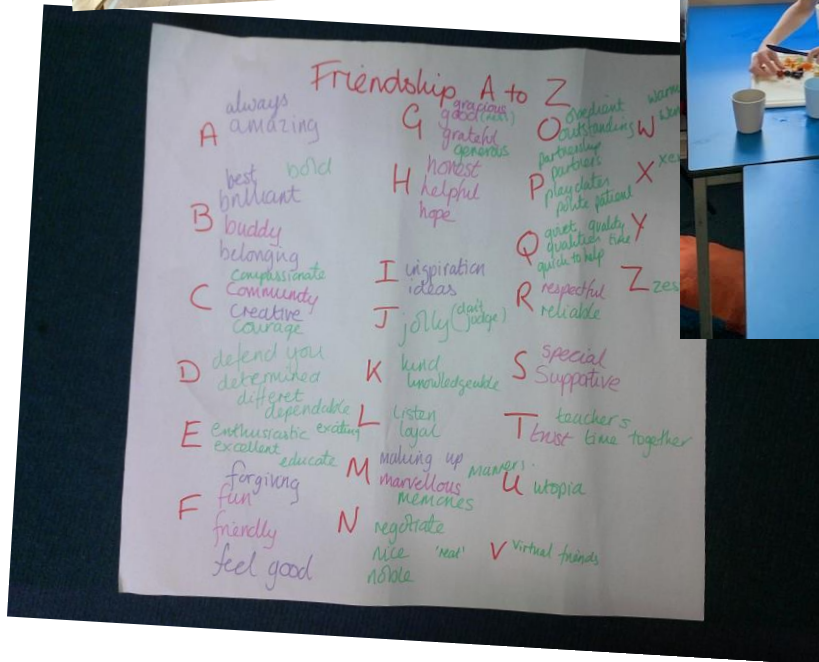
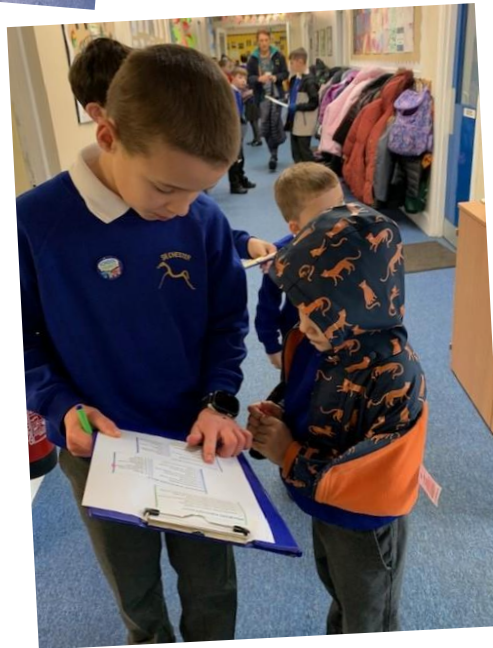


WOW Week for Wellbeing



Connection in Community



Relax Kids & Yoga



Walk for Wellbeing



Quotes from the Week

I learnt how to feel calm.

I filled so many buckets – I loved it.

We got to make new friends!

I didn't know I had so many things to be thankful for.

Sometimes I worry but I know that's ok.

I can use my hand to help me breathe

Playing sports with different classes was my favourite.

Now I know how to listen to my body.

I love my glitter bottle!

My buddy is awesome!

Helping others to feel good made me feel good.

My buddy helped me through the puddles!

This was the best week ever!