

The background of the entire page is decorated with numerous illustrations of bees in various colors, including black and yellow, blue and black, and white and black. The bees are scattered across the page, some in flight and some resting.

### What can you see?

Choose a place and take in the surroundings. What can you see, feel, hear, smell and touch?

Create a painting/drawing of what you can see. Think about colours to express your feelings

Take notice of your feelings. Where do you feel them in your body? Where do you feel happiness? What about when you are worried?

## Take Notice

Look at the 'The Colour Monster' book and create your own monster art piece based on this.

Design a mindfulness picture that you can colour in

### Gratitude project

Take a moment to think about all the things you have in your life. What you are grateful for?

How do you recognise when someone is feeling Sad? Happy? Angry? Calm? Scared? What could you do to help them?

### Wonders of the World

Research the different 7 wonders of the world. Which one would you like to visit one day? Why? What draws you to this