

Friendship Falls

Heart to Heart Breathing

- Sit facing each other in pairs or in a small circle and start with a friendly smile.
- Place your hand gently over each other's hearts.
- Take slow, deep breaths together. Notice the rise and fall of their chest as you breathe.
- Settle into the moment. You can close your eyes if it feels comfortable.
- When you're ready, take turns telling each other something you appreciate about them — it could be something kind they've done, or something you like about who they are.
- Finish with a caring gesture like a hug, a high five, or simply a big smile.

Sometimes we forget to tell people how much we care or how thankful we are for them. This exercise helps us pause, connect, and show our appreciation from the heart.



Gratitude Garden

Kind Letter

Write a kind letter to someone you would like to show gratitude to.

Gratitude Letter Template:

- Begin with a warm greeting.
- Explain why you are writing the letter.
- Describe specific things the person has done that impacted you.
- Explain how their actions made you feel or changed your life.
- Close with a sincere thank you and optional well wishes.



Dear Blossom,

I am writing this letter to express my appreciation for you. I am grateful for all you have done for me as my sister and best friend. You have helped me grow from a little seed to a bud by encouraging me to be my best self. Thank you so much for being so supportive.

Lots of love,
Bud



Flourishing Families

Dreamy Meadows

Bedtime Story - Blossom and Bud in Dreamy Meadows

In the glowing fields of Dreamy Meadows, Blossom the flower fairy was gathering moonlit petals for her bedtime tea. Nearby, her little brother Bud, the cheeky tree elf, was trying to balance on a wobbling toadstool.

Suddenly a warm, sparkling breeze rushed past them. “It’s the Whispering Wind!” Bud shouted, nearly toppling over. “It only comes when something magical is about to happen!”

Blossom smiled. “Then let’s follow it.”

The wind swirled gently toward the silver hill, scattering tiny glowing seeds that floated like sleepy fireflies. Bud chased one, giggling until it landed softly on his nose and made him yawn. At the top of the hill, the Whispering Wind circled them like a cosy blanket. The glowing seeds drifted down, settling around them like twinkling stars.

The wind whispered:

“Slow breaths... rest now...”

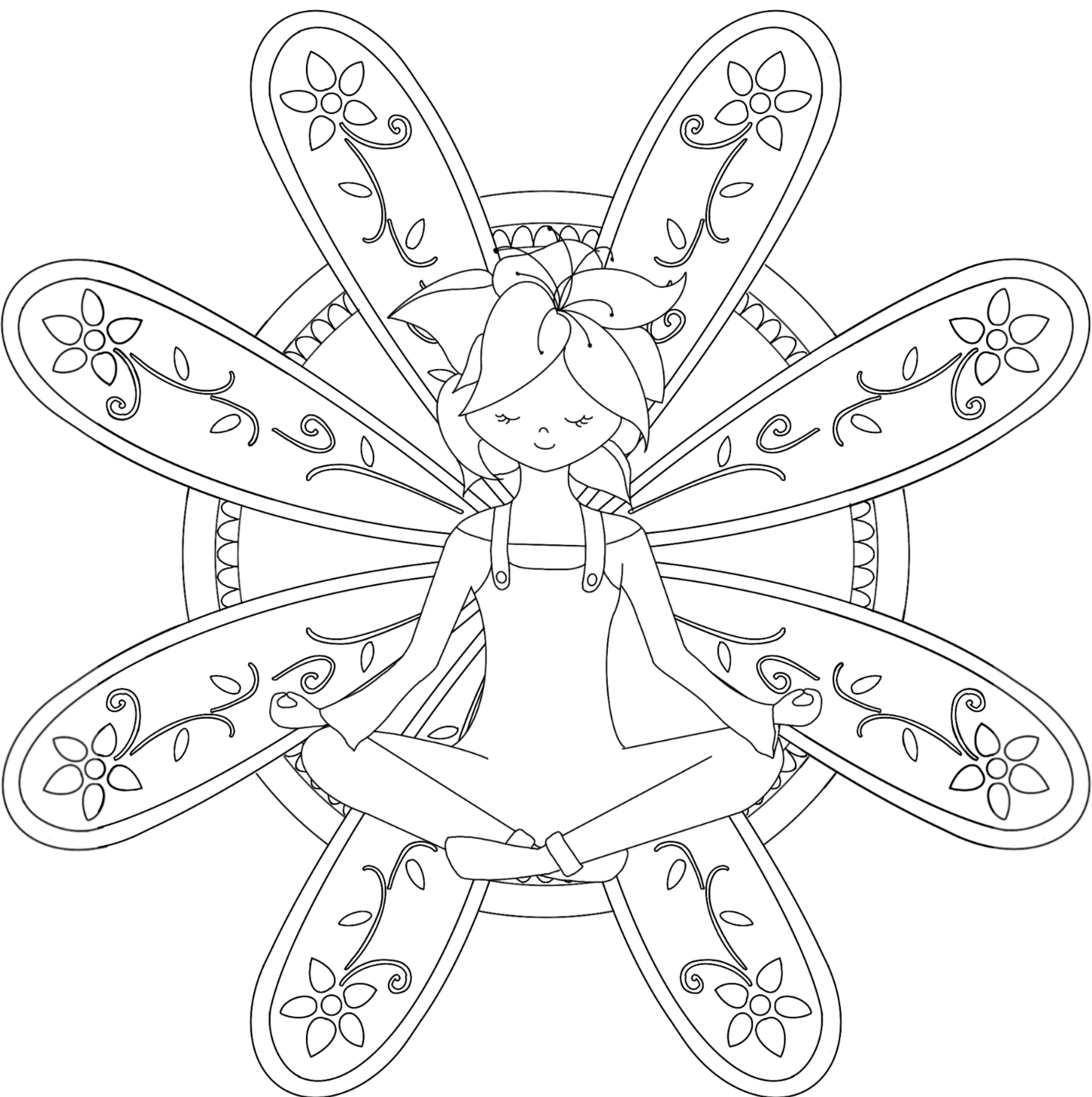
Bud curled against Blossom, the last glowing seed flickering sleepily in his hand. Dreamy Meadows shimmered quietly, and the two magical siblings drifted into a warm, starry sleep.



Flourishing Families

Dreamy Meadows

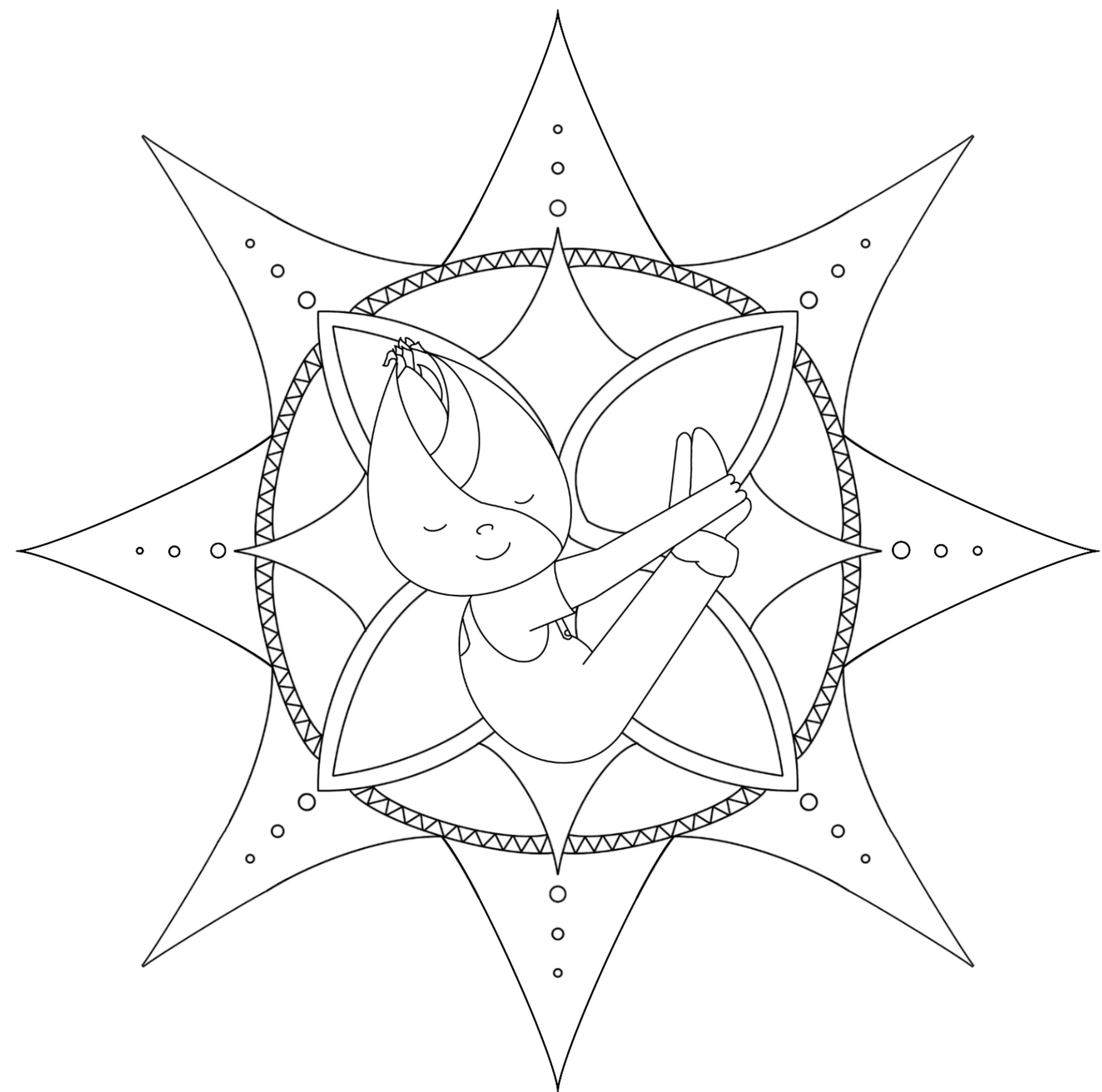
Mindful Colouring



Flourishing Families

Dreamy Meadows

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Flourishing Families

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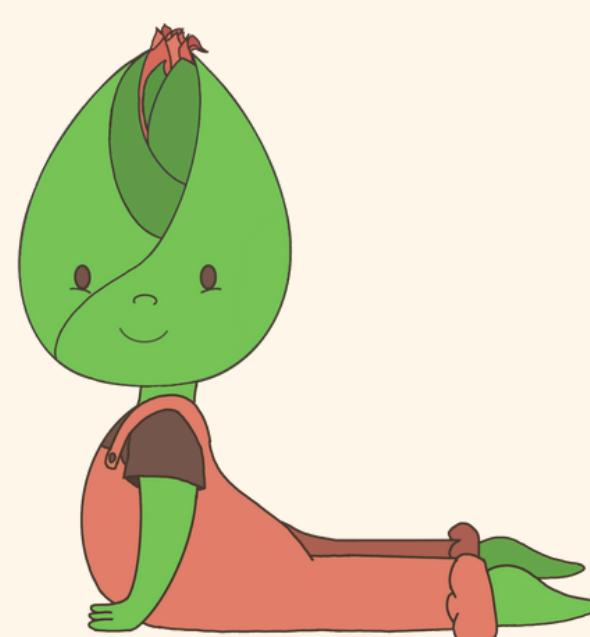
Move it Mountain



Tree Pose



Warrior Pose



Cobra Pose



Downward Dog



Childs Pose



Boat Pose



Flourishing Families