

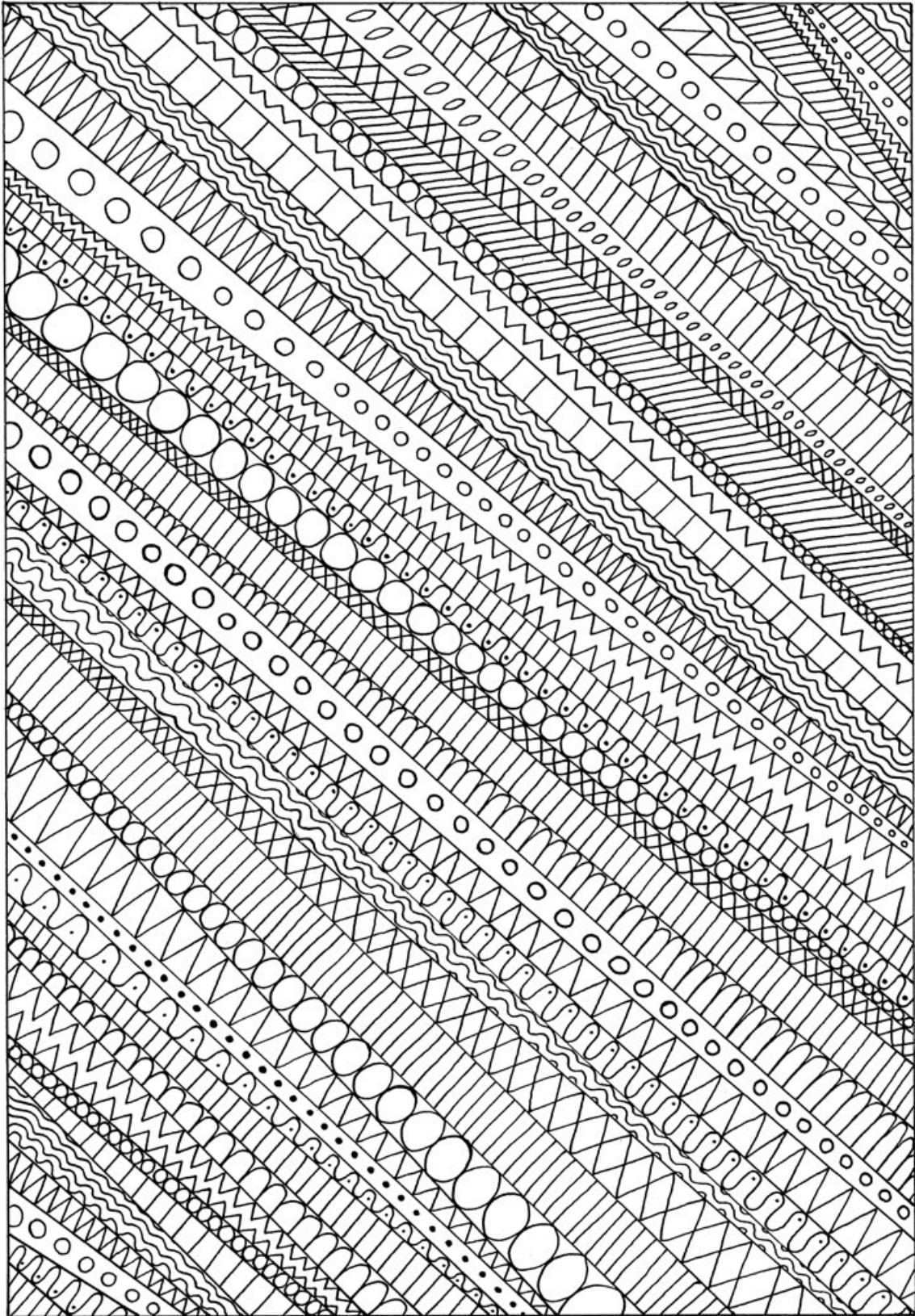
THE

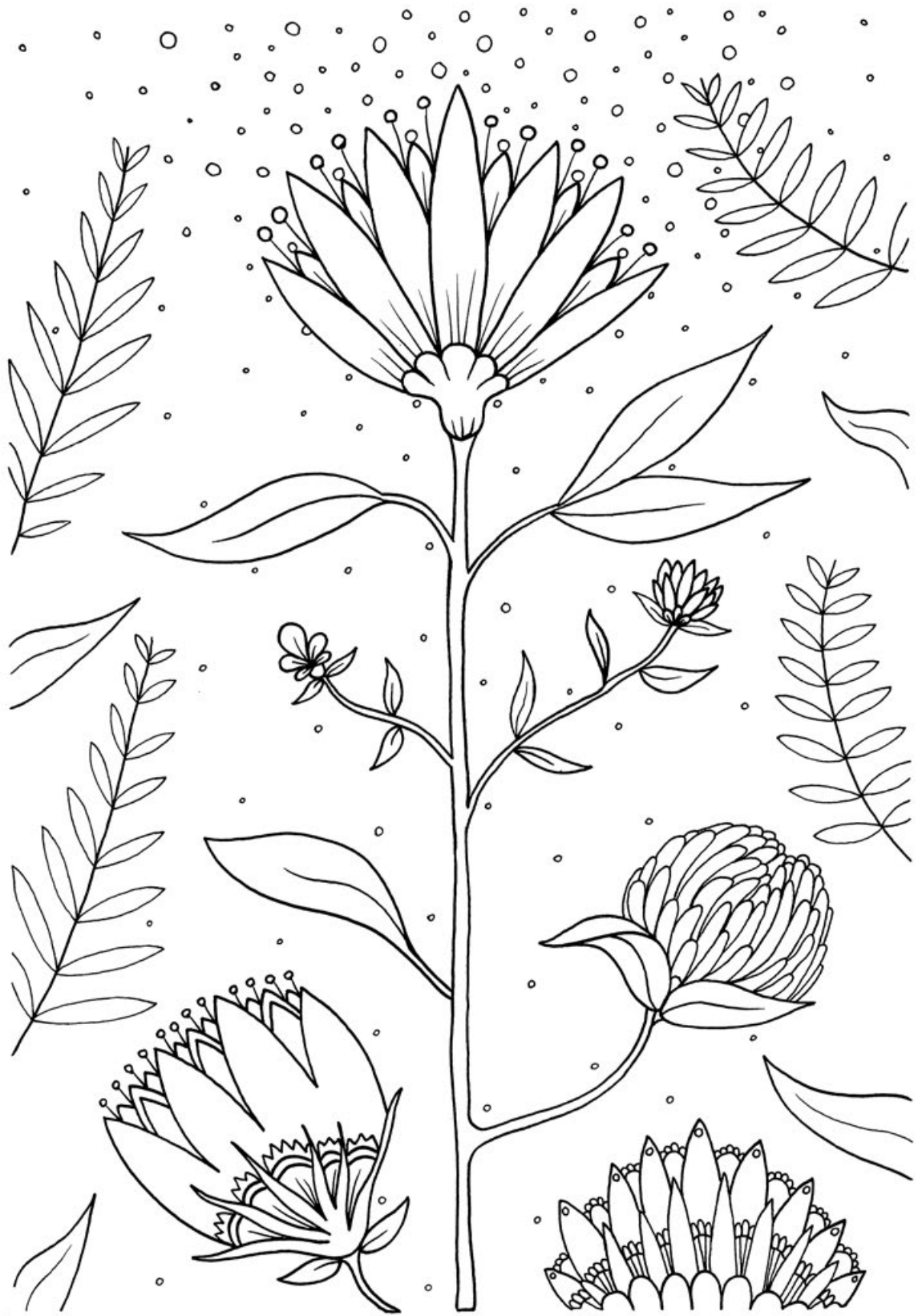
(not so)

BIG

BGI

COLOURING BOOK



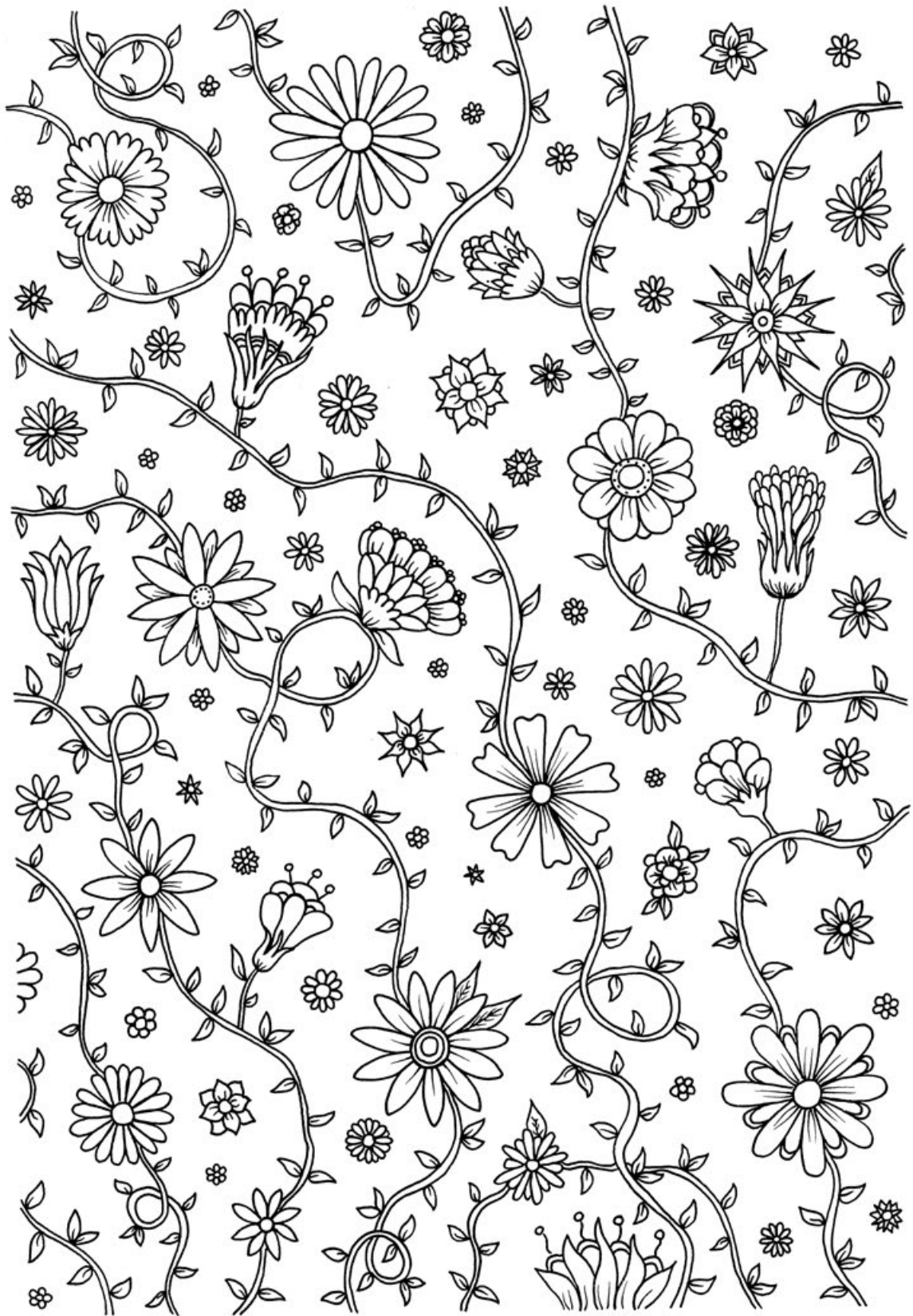


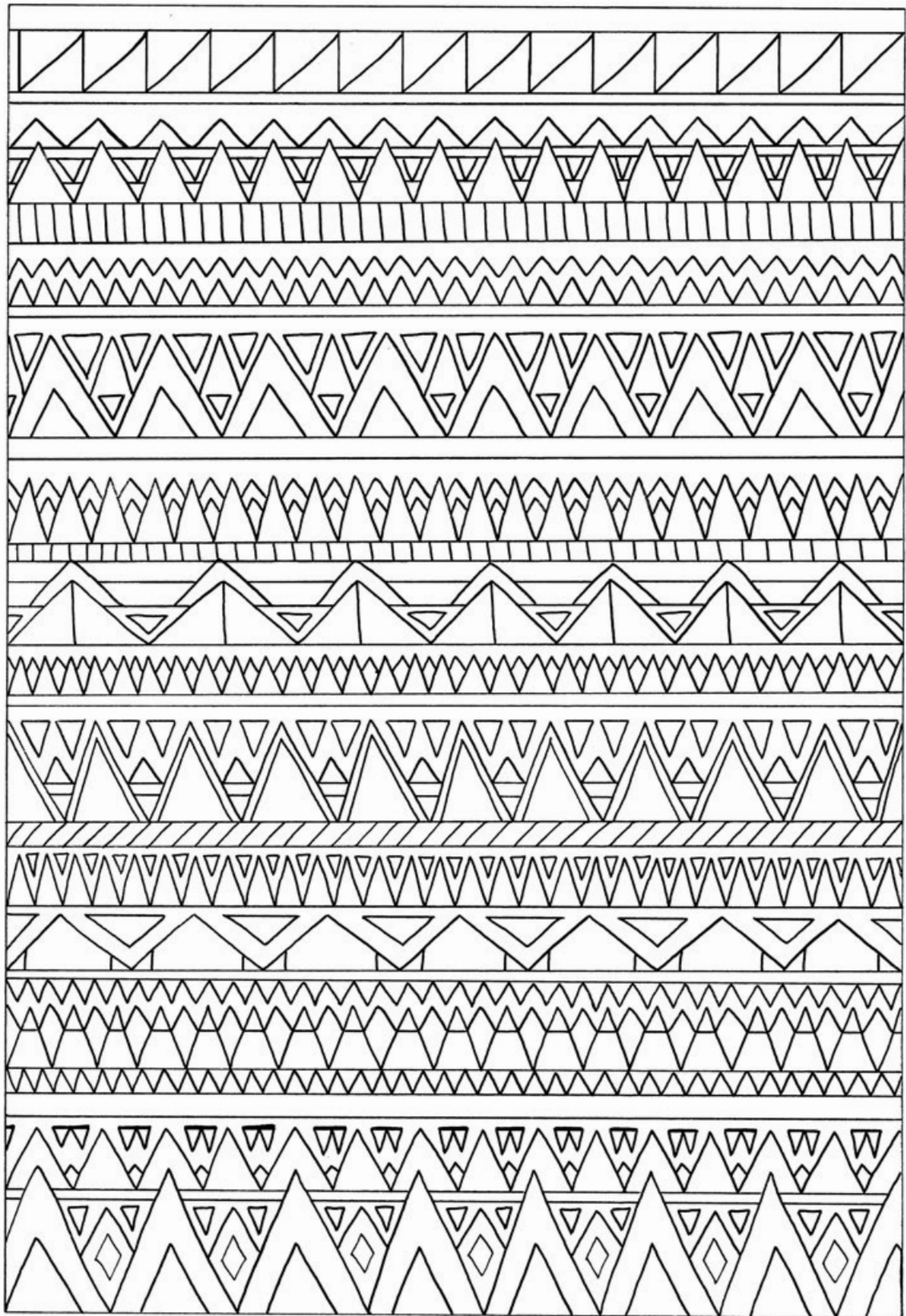


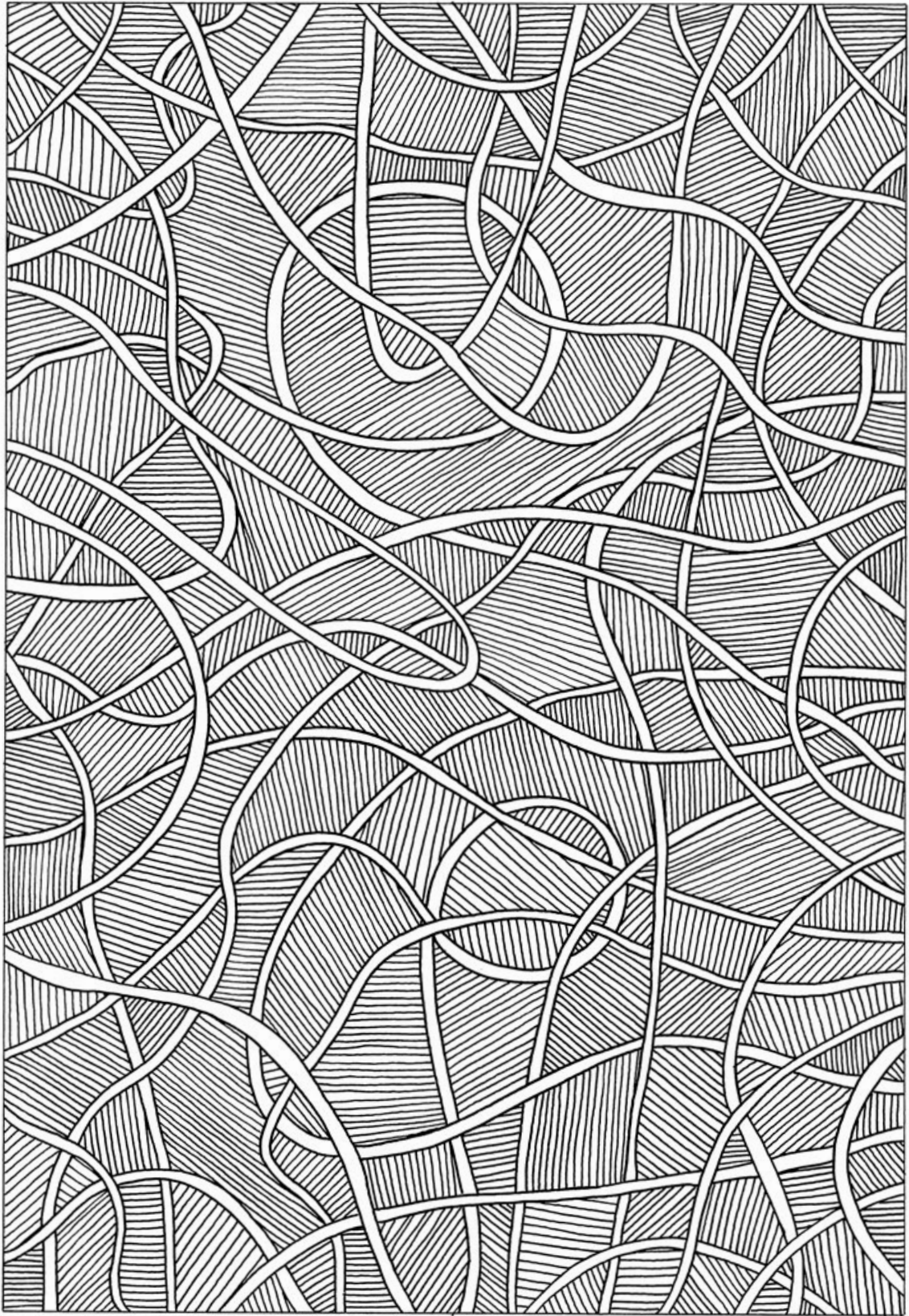
No act of
KINDNESS

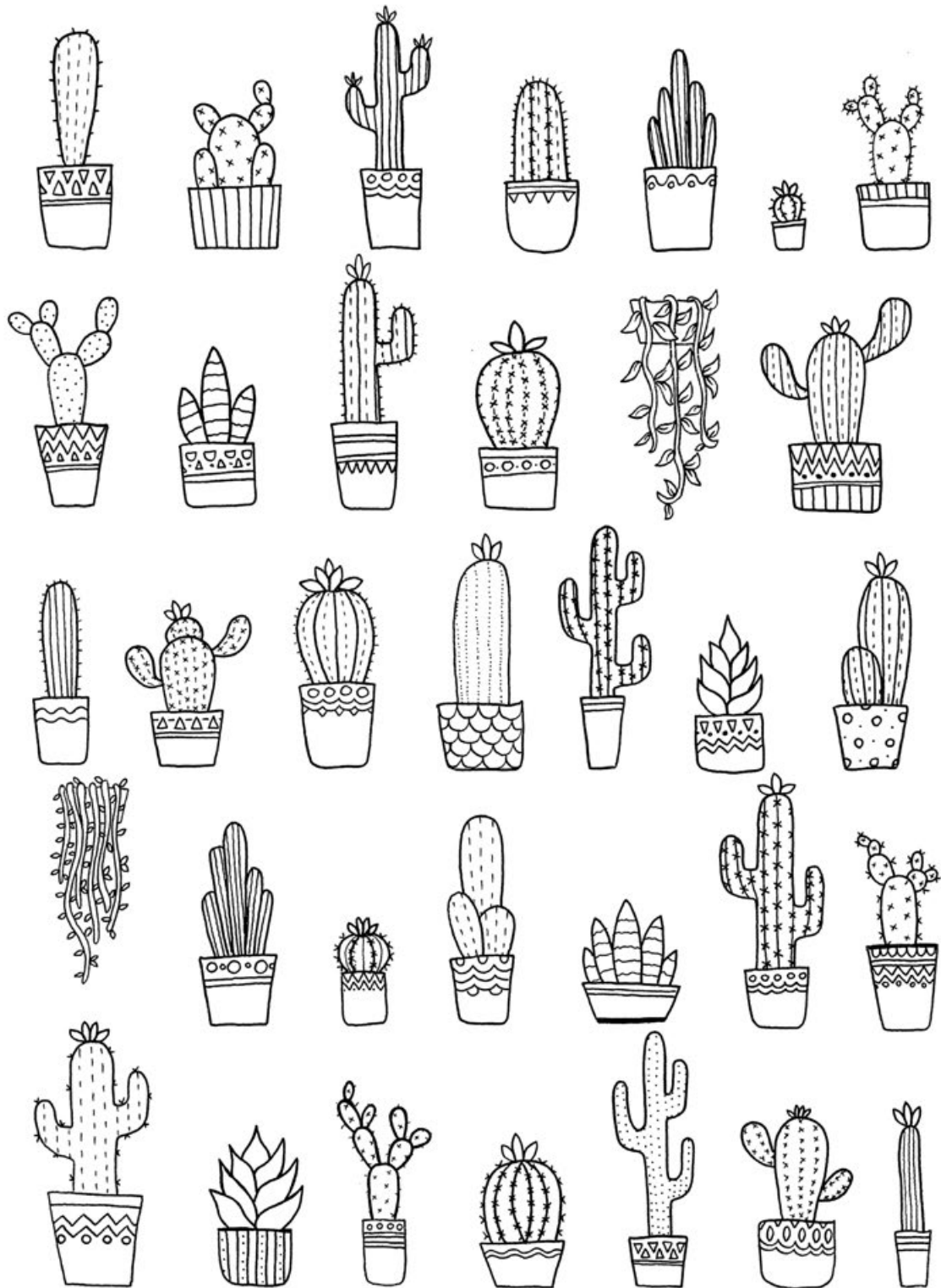


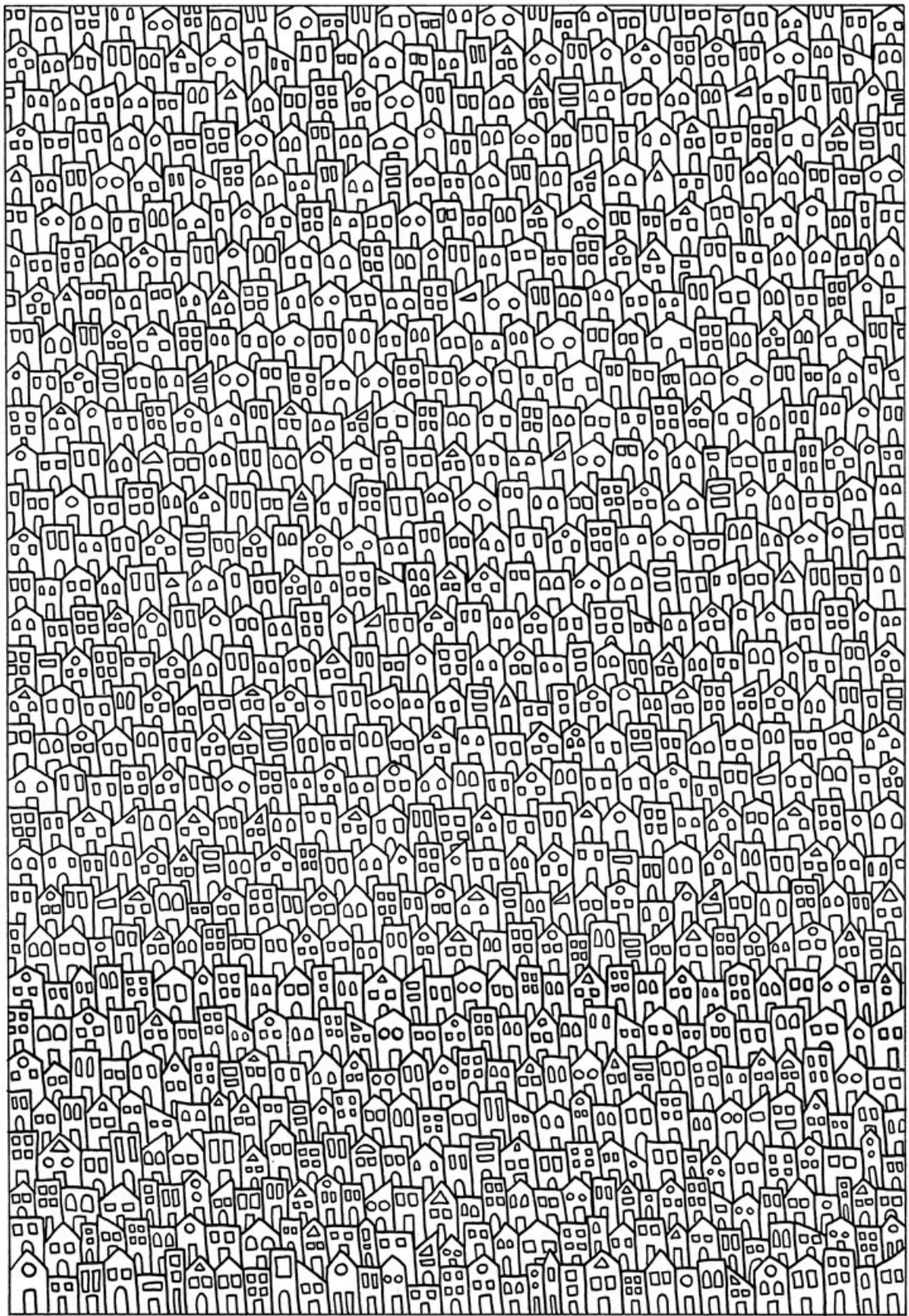
HOWEVER SMALL
is ever
wasted
~ AESOP



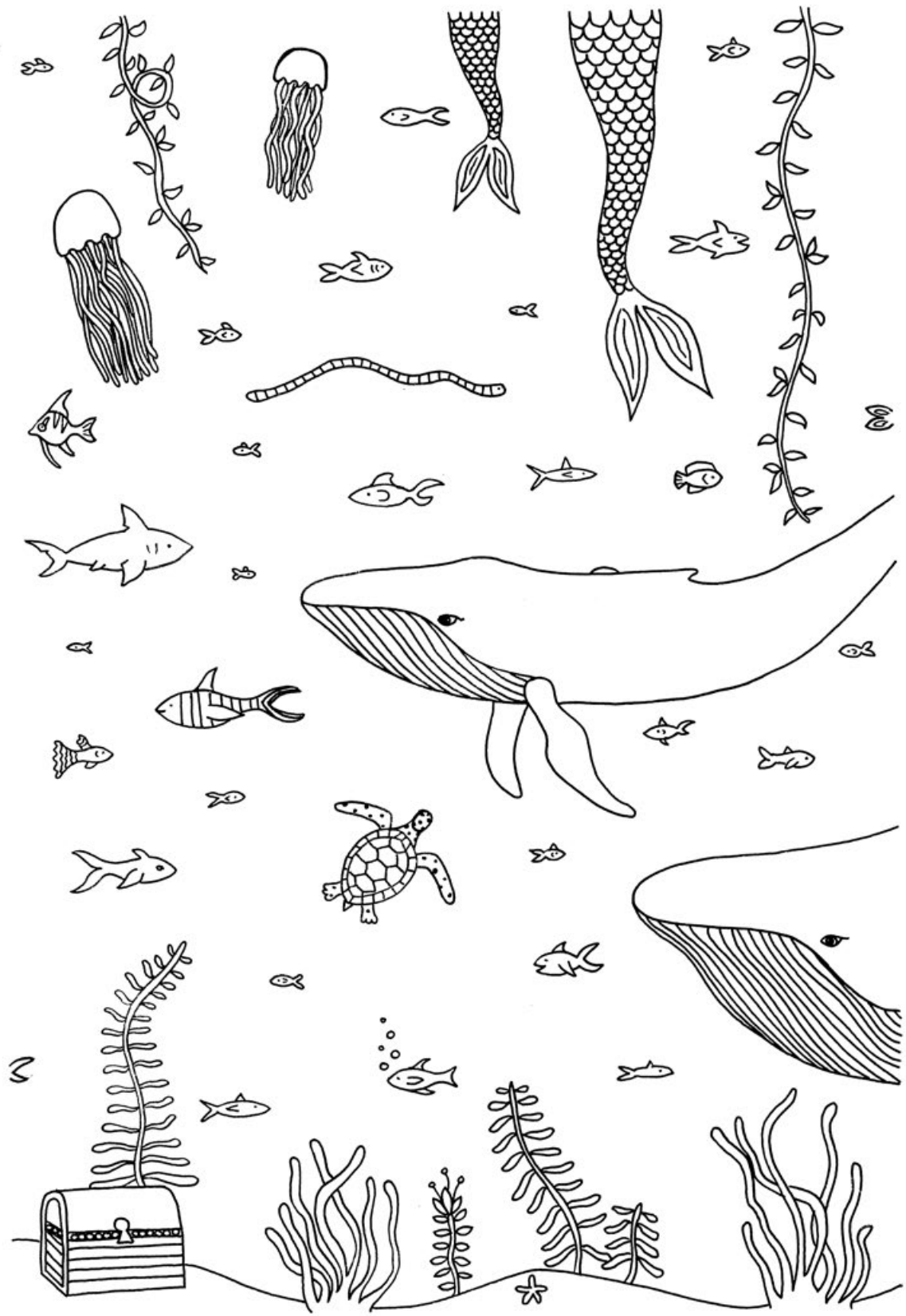


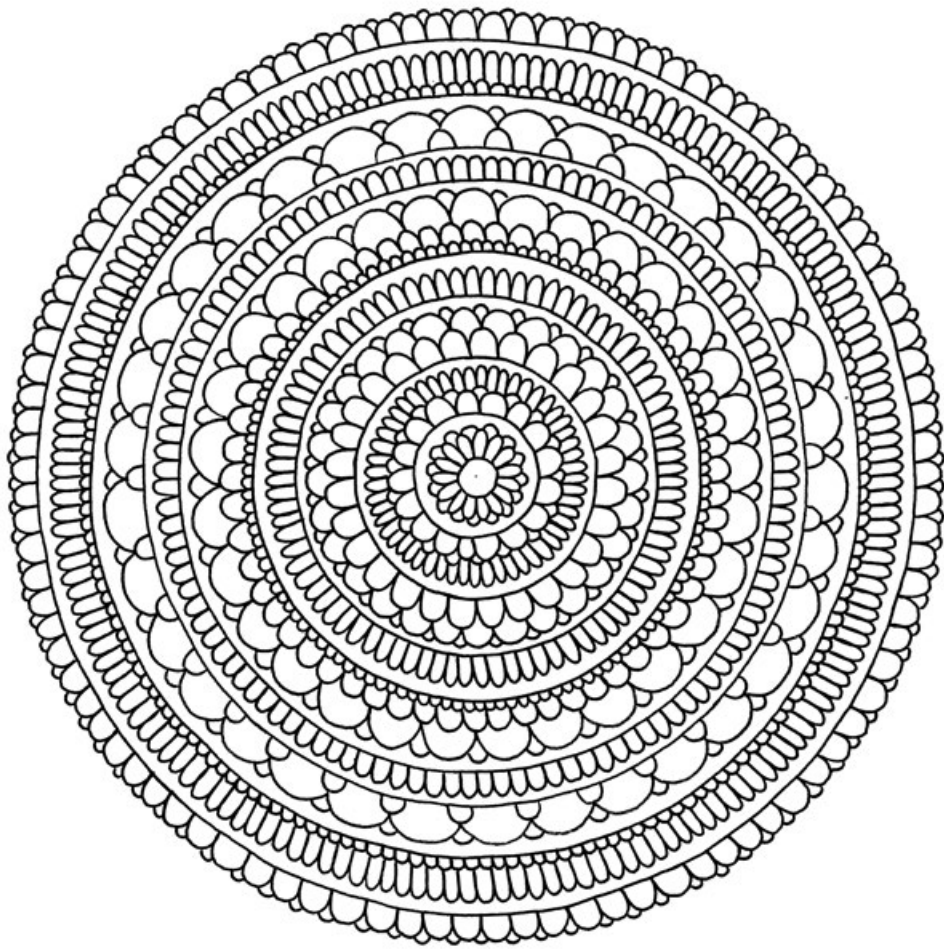


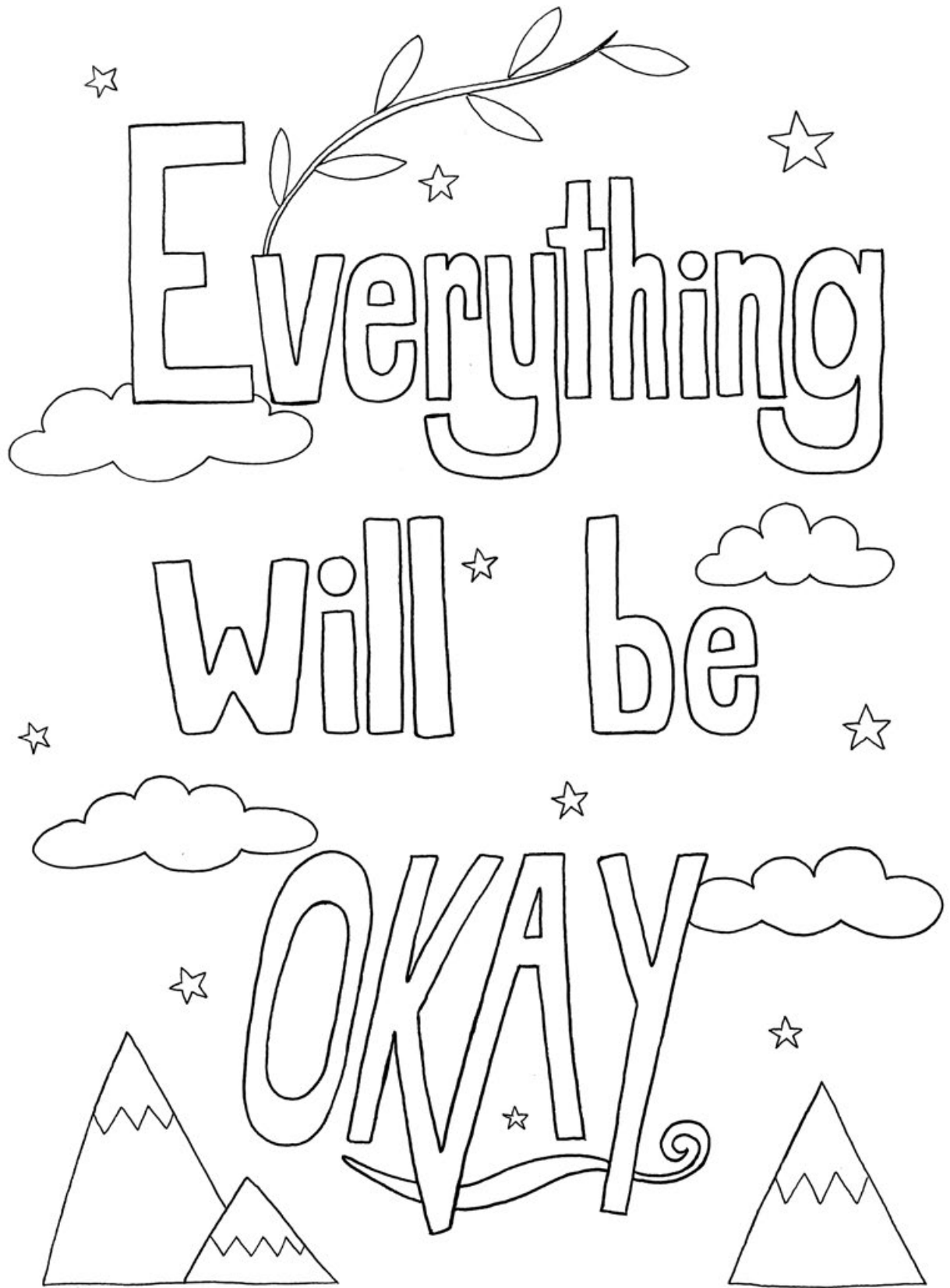


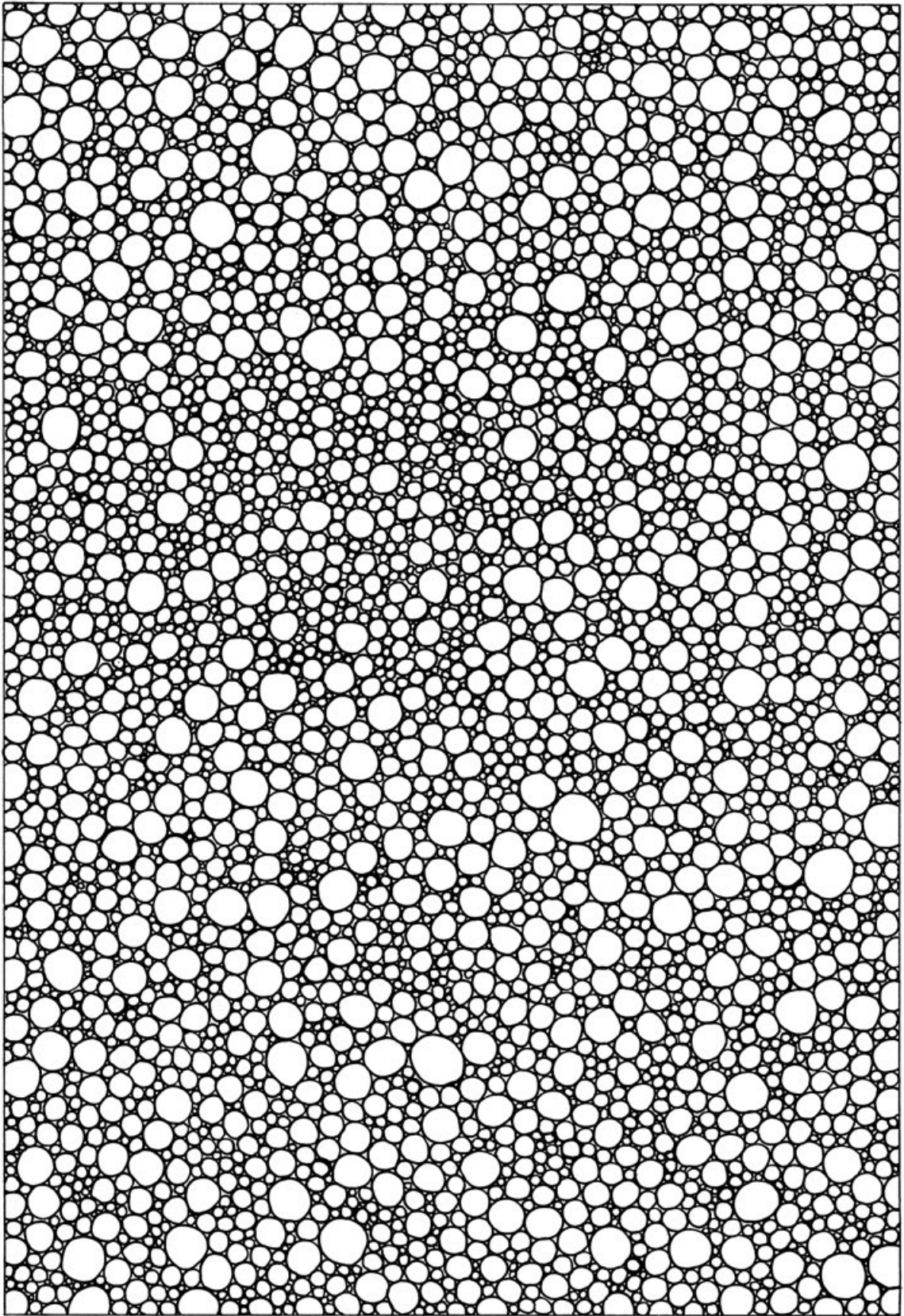












Things to do...

Plan your dream holiday



Plant a tree



Make yourself or someone else breakfast in bed



Write a letter to an elderly relative



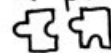
Read a chapter of a book



Put together a photo album of happy memories



Do a puzzle



Try a meditation, even if it's just for 5 minutes



Make a blanket fort and watch a movie



Write down 3 things you are grateful for

Try listening to a new podcast or an audiobook



Have a nap

