



CELEBRATE
DIFFERENCES

INCLUDE
OTHERS

BE
KIND

TAKE
RESPONSIBILITY

TREAT
OTHERS
EQUALLY

RESPECT
TRUST FAIRNESS TEAMWORK

Mindfulness Strategies

Gratitude Blink - Close your eyes and think of one thing you're thankful for. Smile and take a deep breath before opening your eyes.

Animal Stretch - Pick your favourite animal and stretch like it for 30 seconds. Focus on how your body feels as you move.

