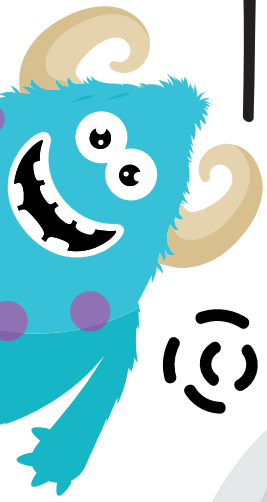


THOUGHTS AREN'T FACTS!

#WellbeingWednesday

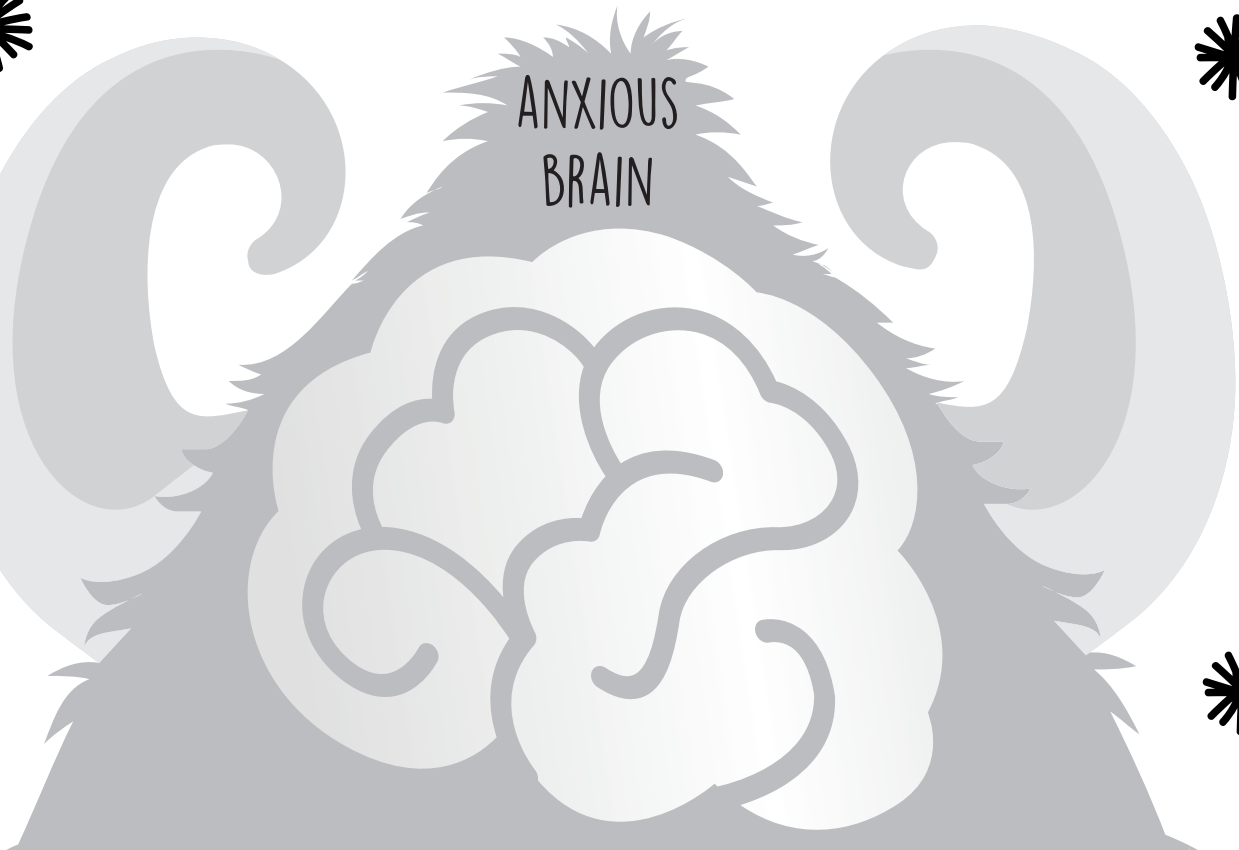


WHAT DOES YOUR BRAIN CONTAIN?

WRITE YOUR EMOTIONS OR FEELINGS



HAPPY
BRAIN



ANXIOUS
BRAIN



WHAT COLOURS WOULD THE TWO DIFFERENT BRAINS BE?