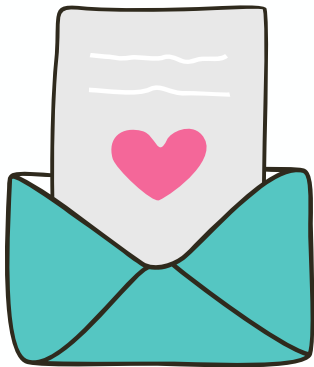




Tasmania

www.familiestasmania.org.au



SNAIL MAIL

MINDFULNESS ACTIVITY

Take a moment to think about someone you care about, near or far.

Write a short note thanking them or encouraging them and send it the old fashioned way - with a postage stamp at the post office!

What a surprise for them as they find a handwritten note or drawing from you in their mailbox!