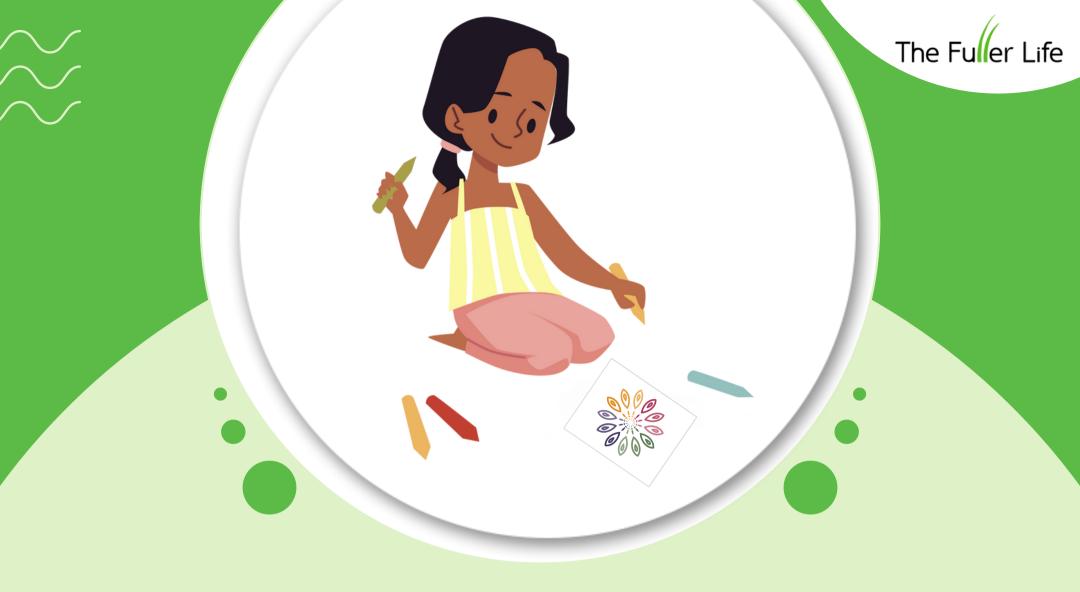


## Are your kids feeling blue? Let them paint it pink!





#### Mandala

- After drawing them, they can color them in!
- It can help kids focus their attention and calm down.

#### Make art with nature

- Encourage children to work with natural materials, take a walk outside. Make flower collage, paint leaves, or rocks.
- It helps them feel calmer, happier and more grounded.

### Draw your anger monster



- Allow children to draw what best describes their anger, the most misunderstood form of emotion.
- Let them express themselves freely without feeling scared.

### Draw yourself as a superhero



- Inspire them to think about their traits, superpowers, friends, and costumes.
- It helps develop their confidence, communication, and problem-solving skills.

# Scribble and giggle



- Play music and let them scribble mindlessly.
- It helps reduce stress and regulate emotions effectively.

#### Let your child's imagination run wild and wellbeing run high with Wellbeing on the Web (WoW)



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**Doctors** 



**Dietitians** 



Financial advisors



Yoga



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Art



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