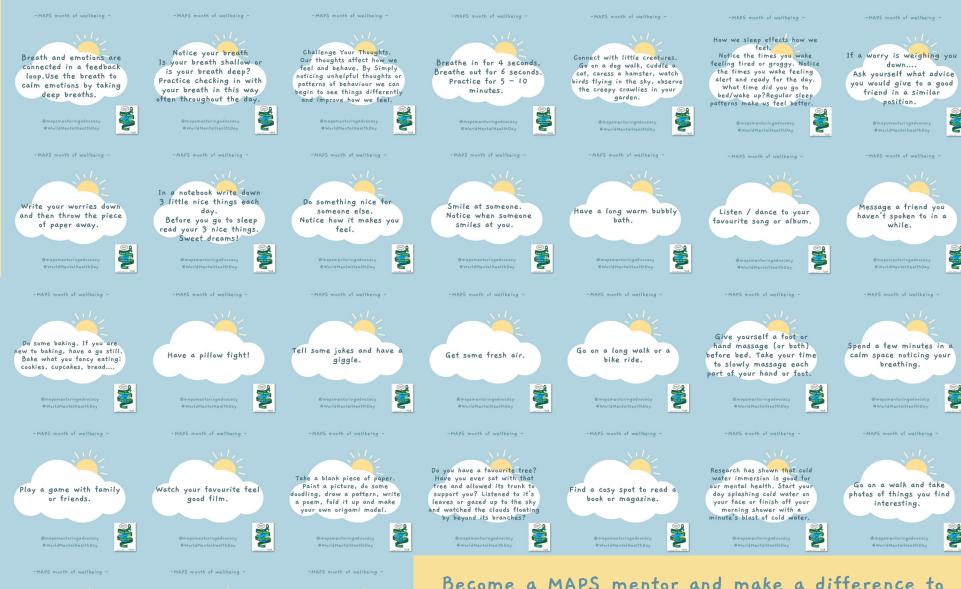
-MAPS month of wellbeing-



Become a MAPS mentor and make a difference to children and young people in Sutton

Find out more at www.vcsutton.org.uk/maps/mentoring

Meditate for 10 minutes each day. Close your eyes. Count each in and out breath until you reach 10 and then start again.



Get into bed with a hot

water bottle and a good

Make an assault course in the

garden/park using everyday
objects. Buckets/ balls/ hats/

chairs to crawl under. Use your

imagination. Make it silly.

