



**WE ARE  
BEING MINDFUL  
for  
Children's Mental Health Week.  
COME AND JOIN IN:**

.....

.....

**#SchoolsSitTogether**

**MiSP**

MINDFULNESS IN SCHOOLS PROJECT

[www.mindfulnessinschool.org](http://www.mindfulnessinschool.org)



**WE ARE  
BEING MINDFUL**  
for Children's Mental Health Week.  
Please come in and join us, or  
**RESPECT THE SILENCE**  
and walk quietly past.

**#SchoolsSitTogether**

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