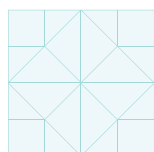
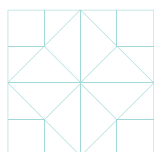


WELLNESS WIDGET

Fill in the blank spots with an activity that makes you feel good.



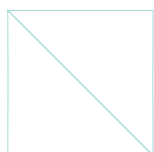
cut out wellness widget



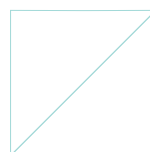
flip over so colored side is down



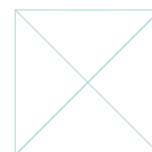
fold in half



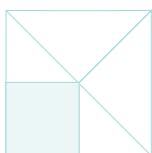
unfold



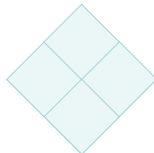
fold in half the other way



unfold



fold in all 4 corners



should look like this



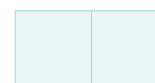
flip it over



fold in the corners like you did before



should look like this



fold in half again

OPEN, PLACE THUMBS AND POINTER FINGERS UNDERFLAPS, PLAY!