

FRESH LITTLE MINDS

PASSPORT



RELAX

RELAX

FRESH LITTLE MINDS

PASSPORT



JOURNEY WITH AMBER

Name:



RELAX MOTTO

I HAVE ENERGY
I CAN MOVE
I Am Strong
I LOVE HUGS
I Can Breathe
MY FRESH LITTLE MIND

JOURNEY WITH AMBER

Name:



RELAX MOTTO

I HAVE ENERGY
I CAN MOVE
I Am Strong
I LOVE HUGS
I Can Breathe
MY FRESH LITTLE MIND

Ready to Relax

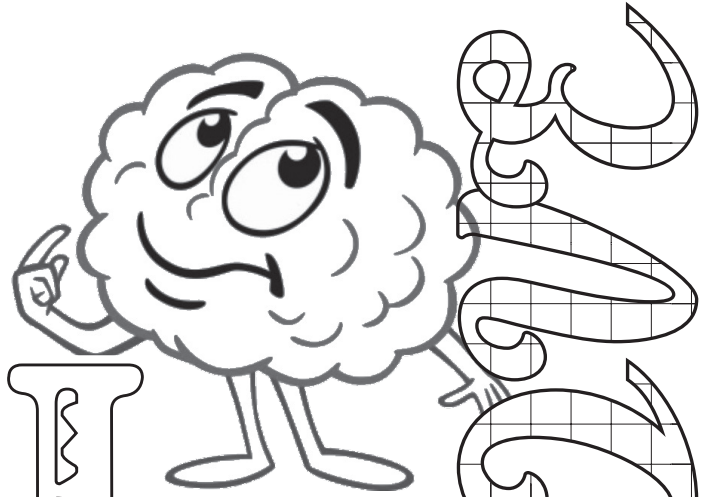


I've

GOT

ENERGY

Move Move Move



I

CAN

MOVE

Ready to Relax

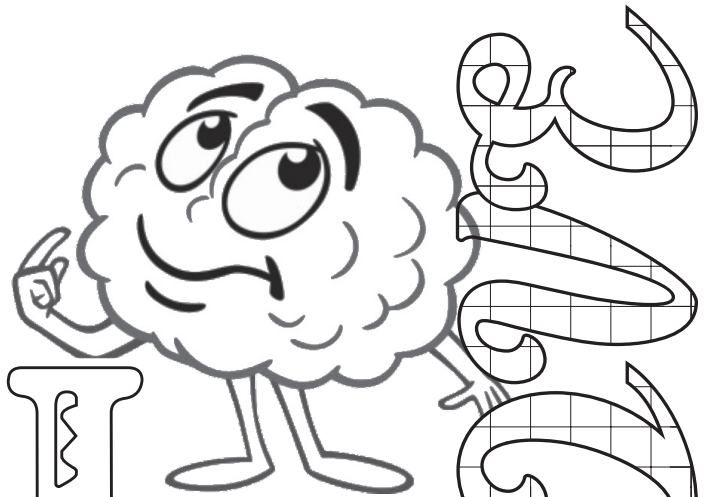


I've

GOT

ENERGY

Move Move Move



I

CAN

MOVE

Tickle, Touch & Tap



Huggable & Loveable



Tickle, Touch & Tap



Huggable & Loveable



Aroma Vibes

INCENSE
Breathe

Aroma Vibes

INCENSE
Breathe

Be the Boss

MY FRESH

Little MIND

Be the Boss

MY FRESH

Little MIND

Parents of Fresh Little Minds

We are so proud of your child who has completed the Fresh Little Minds RELAX programme.

Take a little time to ask your child what they learnt about how to RELAX. Enjoy exploring this passport with them and to boost their confidence read the RELAX motto together.

Questions you might like to ask:

Things to talk about together

Who is Amber?

What does AMBER mean?

What have you enjoyed the most?

What feelings do you find most tricky?

What helps you to relax?

Teach me a RELAX breath

What oils did you like the scent of & why?

What can we do together to help you relax?

Come visit www.freshlittleminds.com
for more ideas for parenting fresh little minds.

Fresh[™]
Little Minds

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Little Minds