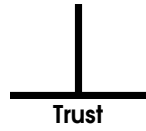# Talking Mat

Trust

Respect
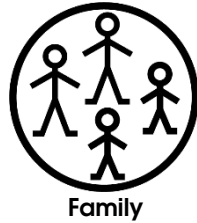
Safe

Feelings

Friends

Family

Mental health

Breathing

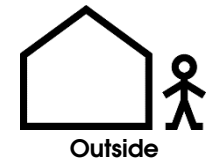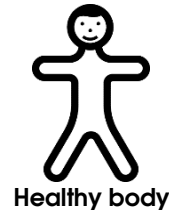Pets

Wellbeing

Mindfulness

Care

Relaxation

Calm

Comfortable

Outside

Exercise

Healthy eating

Sleep

Healthy body