














# Magic Messages

 <p><b>Kind</b></p> <p>Be kind to yourself. You are doing your best!</p>	 <p><b>Move</b></p> <p>Wiggle, run, play, jump, dance – your body was made to move. So move it!</p>	 <p><b>Create</b></p> <p>You are creative! Use your hands, your mind, your body - create!</p>	 <p><b>Hug</b></p> <p>Hug – your pet, a tree, a friend, your family. Mmmm!</p>
 <p><b>Peace</b></p> <p>Close your eyes, go into your heart and find peace within you!</p>	 <p><b>Love</b></p> <p>Love is all there is. Love and accept you!</p>	 <p><b>Feel</b></p> <p>Feel - the wind, the sun, the rain, a hot bath, a swim. You're alive!</p>	 <p><b>Courage</b></p> <p>Face your fear – take a deep breath, feel the power inside you and go for it!</p>
 <p><b>Nature</b></p> <p>Go outside, take your shoes off, feel the earth, listen to the sounds – you're alive!</p>	 <p><b>Relax</b></p> <p>Close your eyes, breathe deeply &amp; slowly, again and again. Let go and relax!</p>	 <p><b>Thoughts</b></p> <p>Thoughts create. Think of what you want and create your life!</p>	