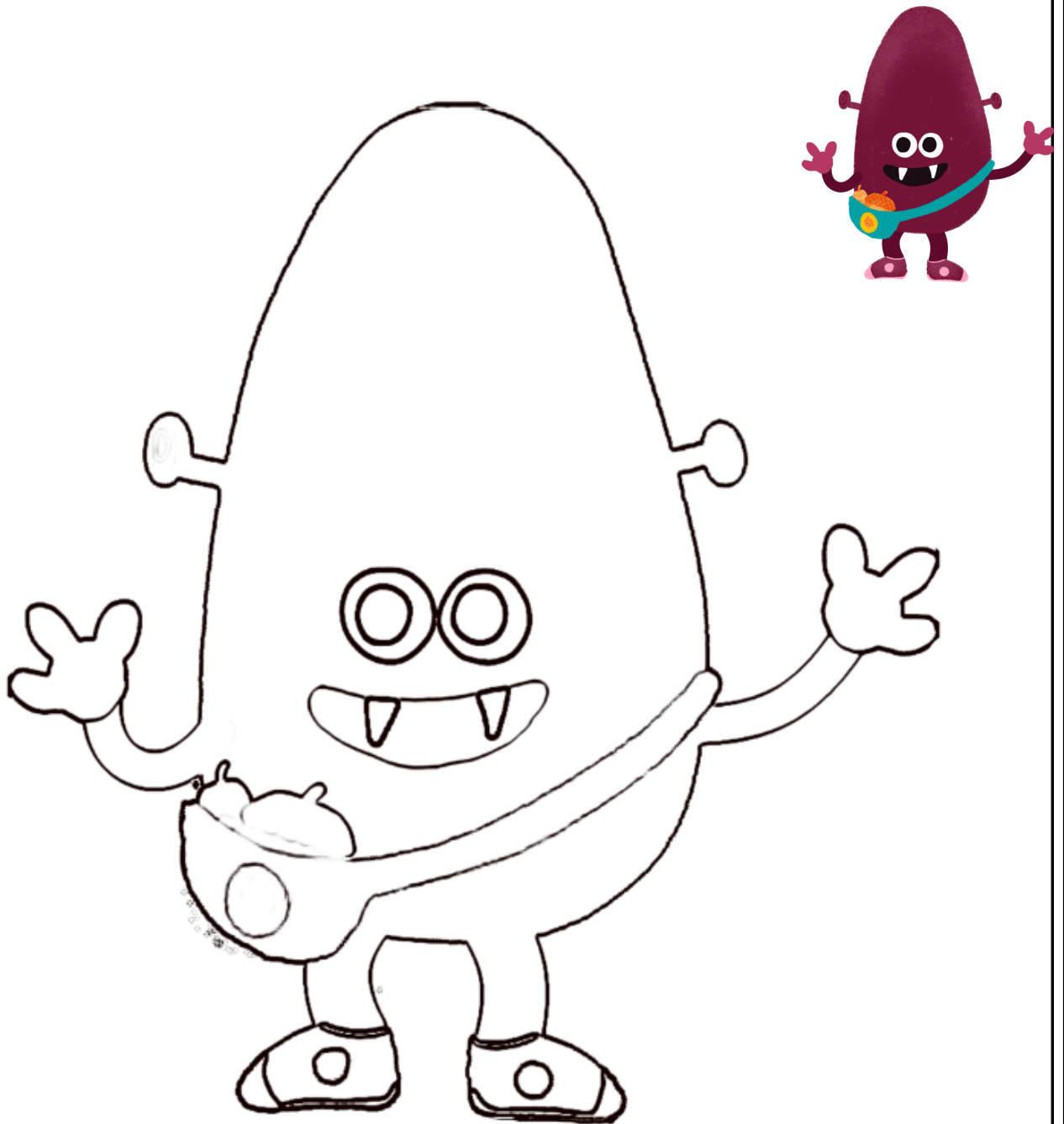


Colour MaroonBeastie



MaroonBeastie learns about all the things that they need to create happiness and balance like good food, rest, physical activity, doing brain activity like reading, spending time with family and friends, taking time to mindfully meditated and having exciting interests. It is important to listen to the mind and body to find out what you need.