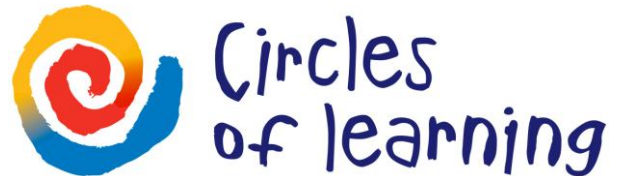


JUNE 2014

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### *Fun activities with your children*

Take time to be creative with your children – these are special moments when you have quiet time together.

Draw, paint, make craft activities...they help to activate different parts of the brain and its loads of fun too. Here is one great idea....

### *Grow an Egghead*

Here's a quick little project that's whole lot of fun for kids.

#### **Step 1**

Grab a few eggs and gently tap around the top with the edge of a spoon. This will break through the shell and allow you to flip off the top. Empty out the egg into a bowl to be used later in cooking. Rinse the inside gently and allow to dry.

[Click here](#) for Steps 2-6  
(Photo attached)



## *Worth a Moment*

### Letting Go

Moving house: the perfect time to practise letting go of possessions.

Any one travelling even with only one suitcase, will probably tell you that their one suitcase held so much more than they needed. How this is magnified when moving house! - particularly when it is a move involving a lot of changes. [Click here](#) to read on

*Intuition is the language of the soul*

*Garden Circle for Parents & Children and the Clever Kid Health & Play program for PreSchools & Schools*

Great opportunities for you to give your child a great start to early learning. The School and Preschool programs offer the important advantage of activating different parts of the brain that Help school learning. The programs help children to focus, remain calm and work in a cooperative manner. The Garden Circle offers parents and children an interactive program in the garden to give children a very healthy start to life and a love of nature and the outdoors.

Parents or teachers, [click here](#) to find out more



*Be joyous in each moment*

There is so much pressure to simply get through the day with all that we feel must be completed. Take heart, sometimes you just have to stop and take a rest. It is in this resting time that you can restore your stamina and concentration abilities to do more. Daily meditation (even for a short time) assists in having a balanced life. For assistance in self development, we heartily recommend the work of one of our Ambassadors, Rusty Lynch.

[Click here](#) to see how he can help you

*Be kind to yourself and  
others*

*and stay healthy, 😊*

*Judith and the Team*

