













Born to stand out • A welcome home • Big-day butterflies • Say no more The power of puzzles • Beauty in bloom • Forgive & forget • It's only n





teenBreathe



BE HAPPY BE BRAVE BE KIND BE YOURSELF.

Here at Teen Breathe, we want you to feel inspired to be mindful and authentic in everything that you do - from creative pursuits, movement, and friendship, to healthy eating, positive thinking, caring for the environment, and everything in between.

Each issue includes uplifting stories, handy planner pages, stickers, cut-outs, mindful activities and plenty of ways to celebrate your originality



TO:

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Keep following your dreams and enjoy feeling inspired with each issue of *Teen Breathe* delivered to you.

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