TUNE OUT TO TUNE IN

#tuneouttotunein

For more info visit **logan.qld.gov.au/youngpeople**

City of Logan

LOGAN
CITY COUNCIL

Here are some ways to tune out

• Play outside • Sit under a shady tree • Listen to some music
• Do some deep breathing • Colour in or do some artwork
• Eat some fruit and drink water • Imagine your safe place
• Exercie / run / dance / star jumps

What do u do to tune in?

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