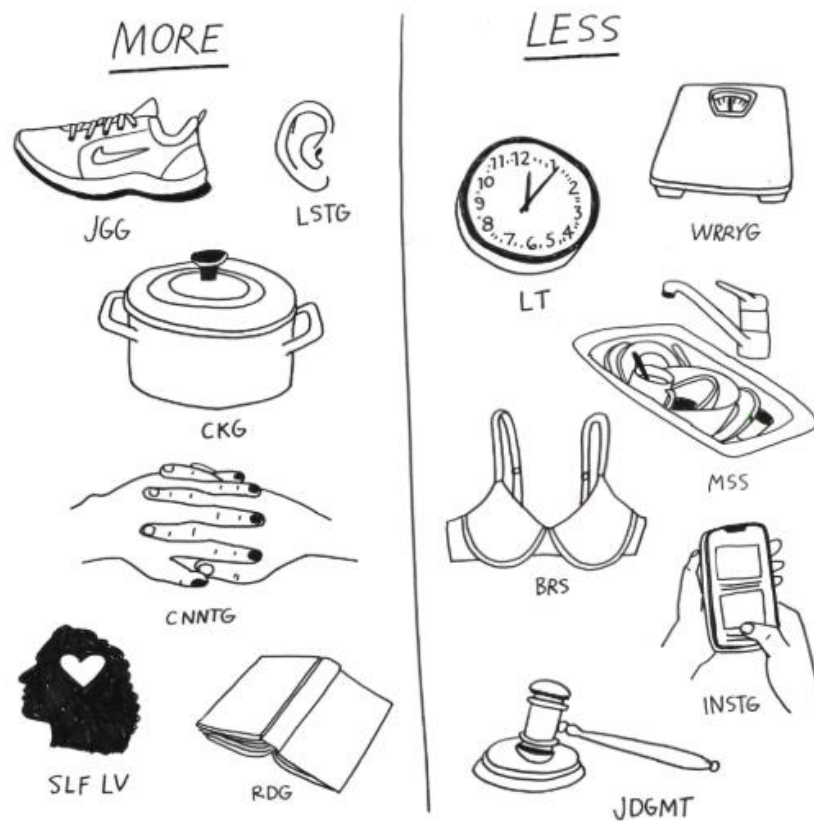


More or less



Julia Rothman

- Think back over the school year. What things have brought you the most joy or satisfaction? What would you like more of in your life and what would you be pleased to say goodbye to?
- What are you most looking forward to in the summer holidays?
- Why not make your own more or less list? It doesn't have to be a great work of art, just a reminder to make more time in life for the things that make your heart sing!
- Think what the world would be like if we prioritised happiness – our own and the wellbeing of others too.

'Do more of what makes you happy.'