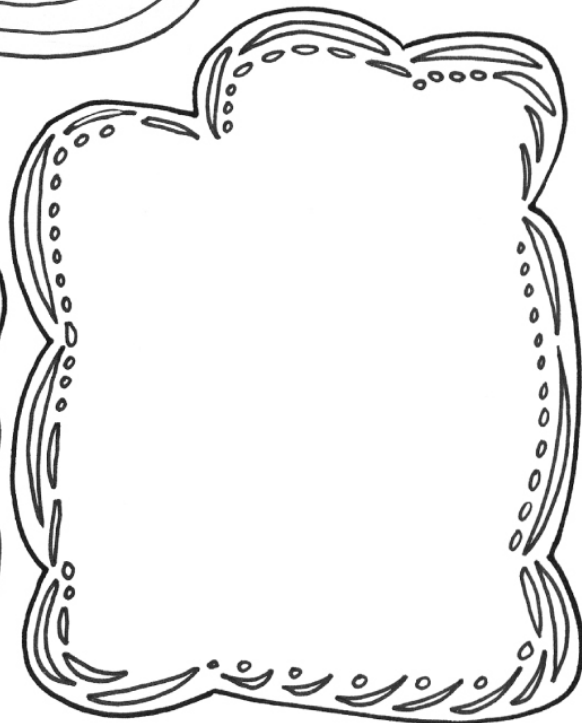


Take a Deep Breath

COLOUR
THE
DESIGN

IN THE CENTRE,
DRAW SOMETHING
THAT MAKES YOU
FEEL CALM.



★ WHEN YOU FINISH, THINK ABOUT THESE QUESTIONS:

○ HOW DO YOU FEEL? _____

○ WHAT ARE SOME OTHER THINGS YOU CAN DO TO
GET THIS FEELING? _____