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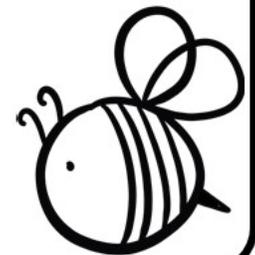
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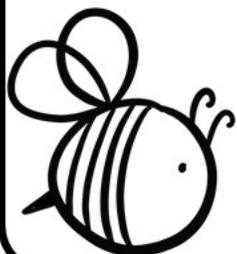
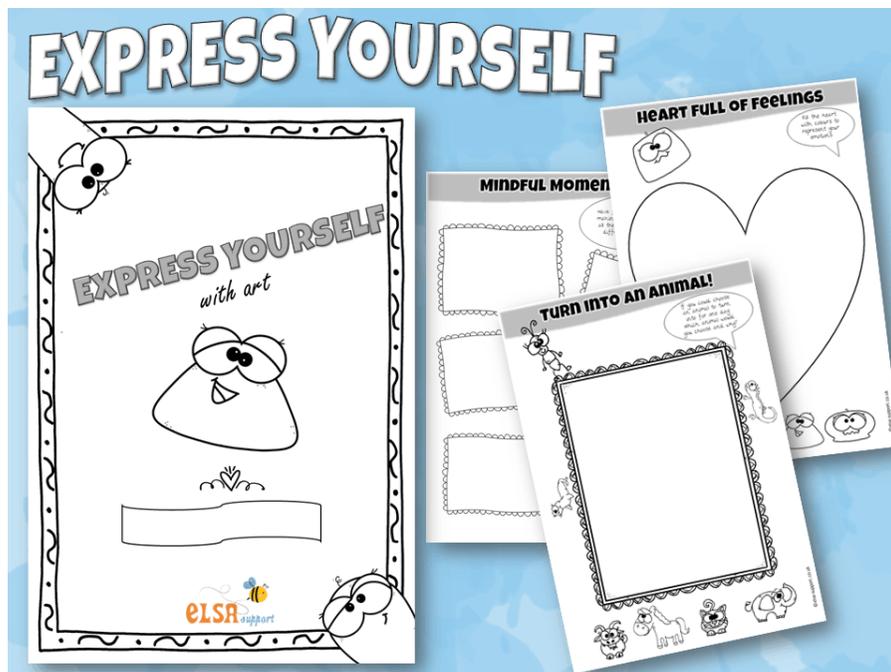




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5 DAY ELSA SUPPORT

'EXPRESS YOURSELF' challenge

Drawing or writing task -

Draw a picture of you and show how you are feeling right now

Talking or doing task -

Tell someone how you are feeling today

Day 1

Drawing or writing task -

Listen to some music and paint or draw how it makes you feel

Talking or doing task -

Create a dance routine to go with the music you listened to

Day 2

Drawing or writing task -

Visualise a place that makes you feel calm and relaxed. It can be a real place or a place in your imagination.

Talking or doing task -

Try to find lots of ways to help you relax today

Day 3

Drawing or writing task -

Draw pictures of all the facial expressions that you can make to reflect different emotions

Talking or doing task -

Stand in front of a mirror and make as many of your facial expressions as you can

Day 4

Drawing or writing task -

Make a photo collage today showing photos that make you feel happy

Talking or doing task -

Spent some time taking photos of things that make you feel happy

Day 5



This is a picture of me!

Day 1

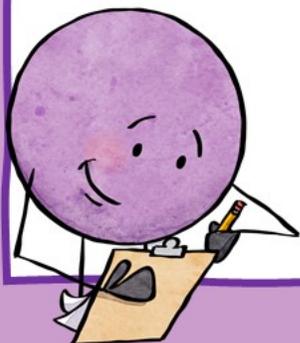
These are my feelings right now

1.
2.
3.
4.
5.

My musical drawing

Day 2

How did it make me feel?



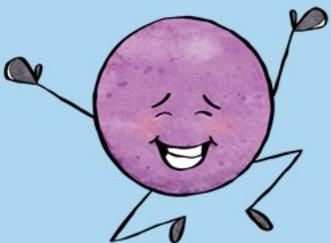
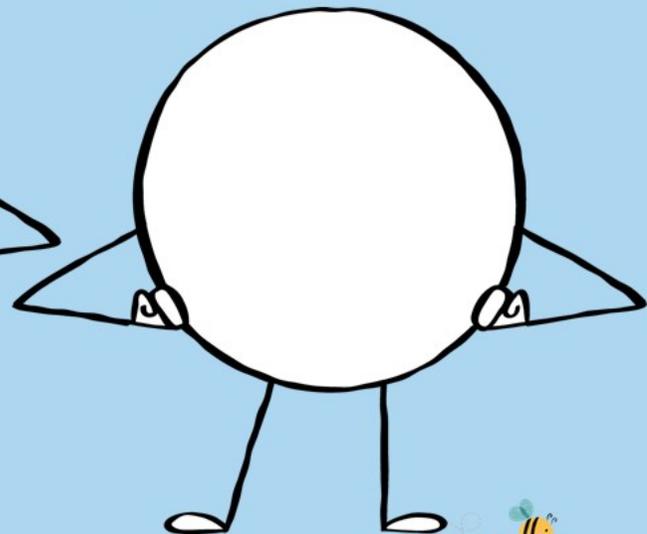
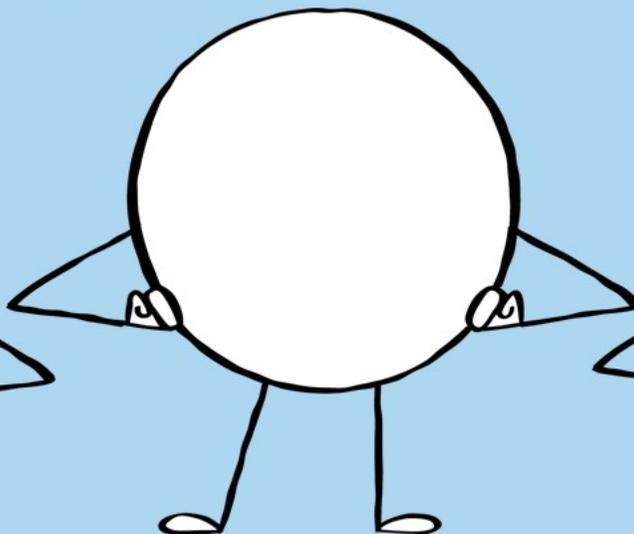
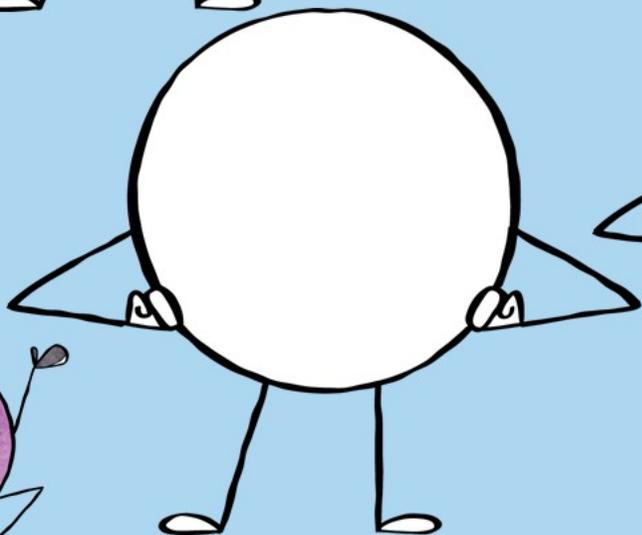
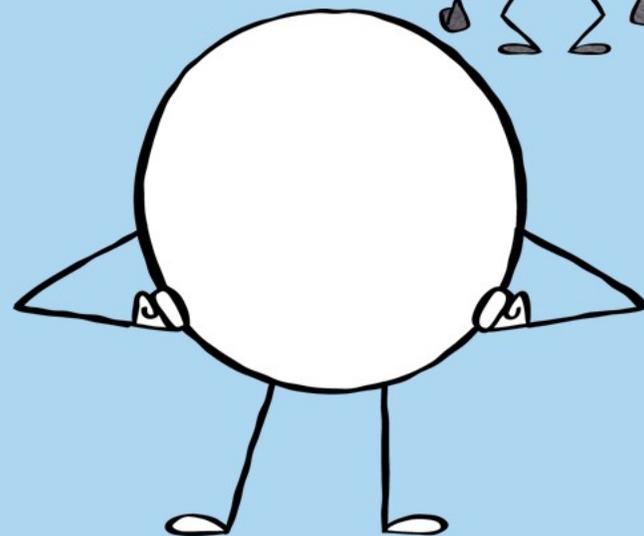
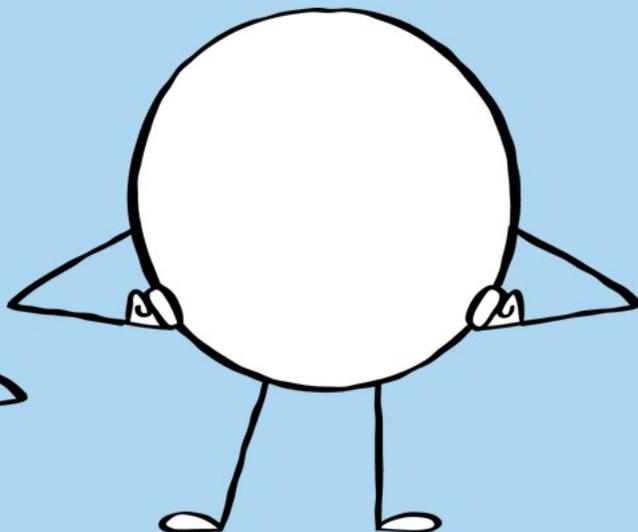
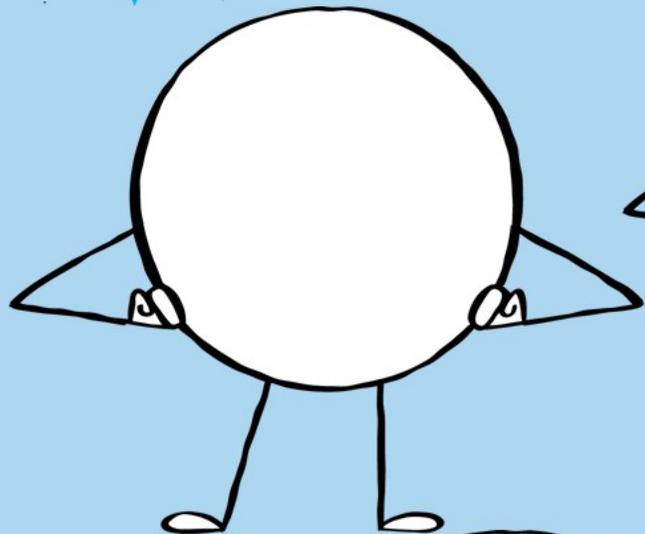
My visualisation

Day 3



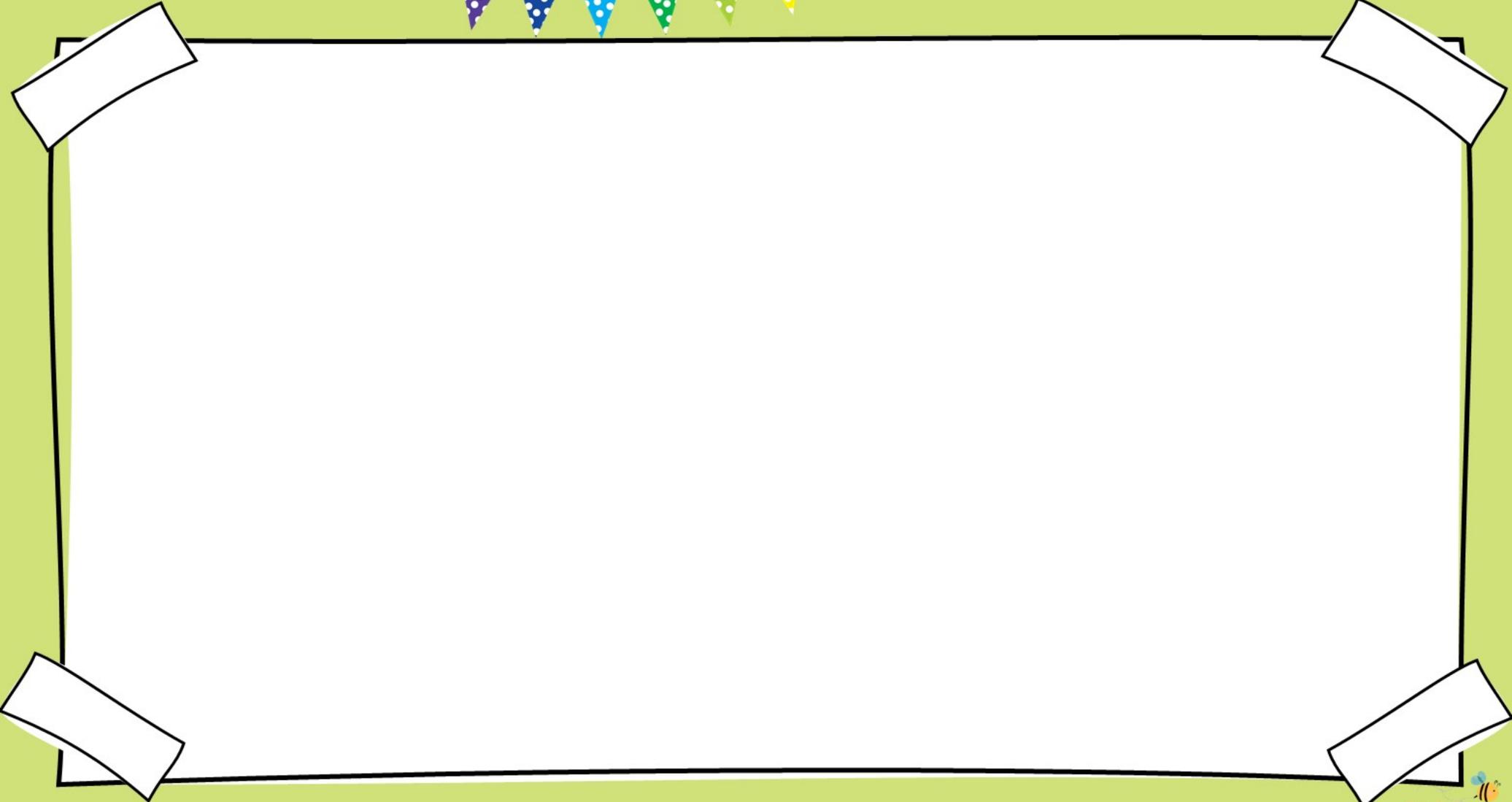
My facial expressions

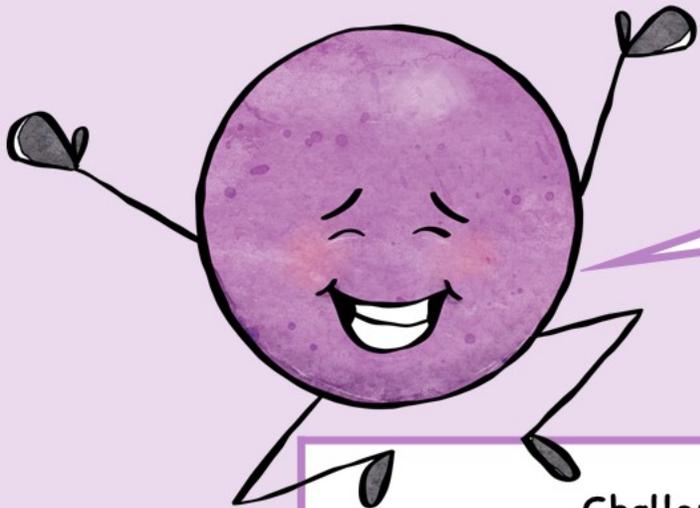
Day 4



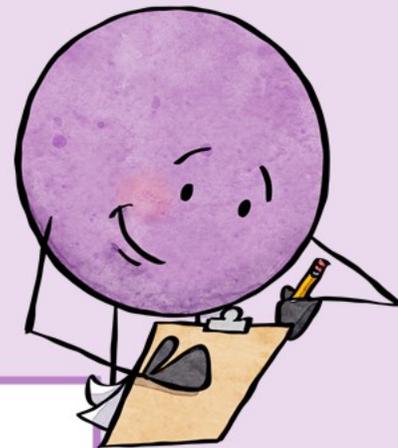
My happy photo collage?

Day 5





Did I do it?



Challenge	Yes or No
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	



CONGRATULATIONS

On completing the Elsa support
'EXPRESS YOURSELF' challenge

Signed: _____

Date: _____