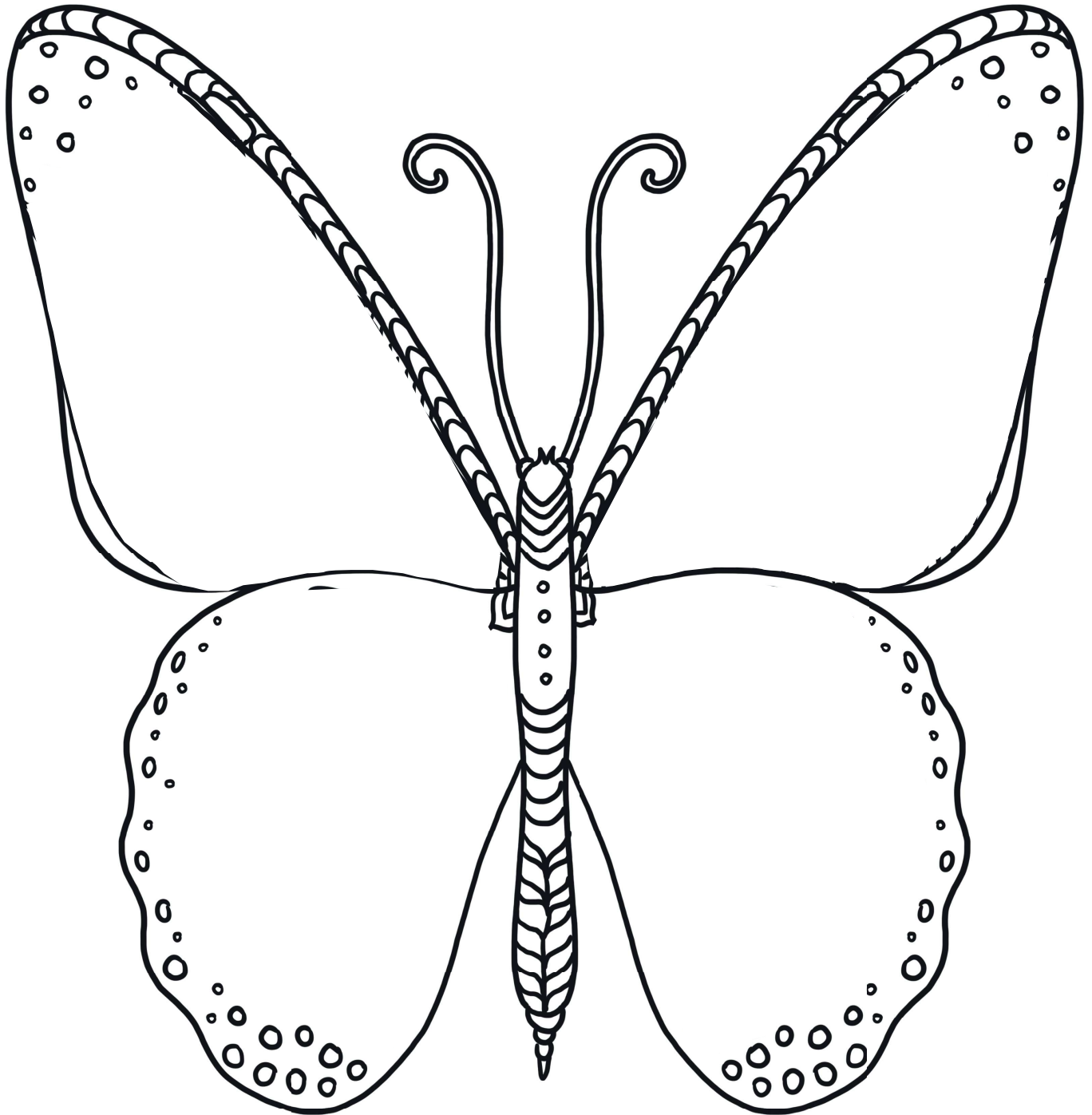


Don't Worry, Be Happy!

Think about things that make you worry. In the wings of the butterfly, write the things that make you worry and think about your worries flying away. As you write, think about things that make you happy. What can you do to make yourself happy? Imagine yourself without worries, happy and smiling.



I Am Amazing

Write something amazing about yourself in each of the sun's rays. As you colour the sun, think about all the incredible things that make you special.

