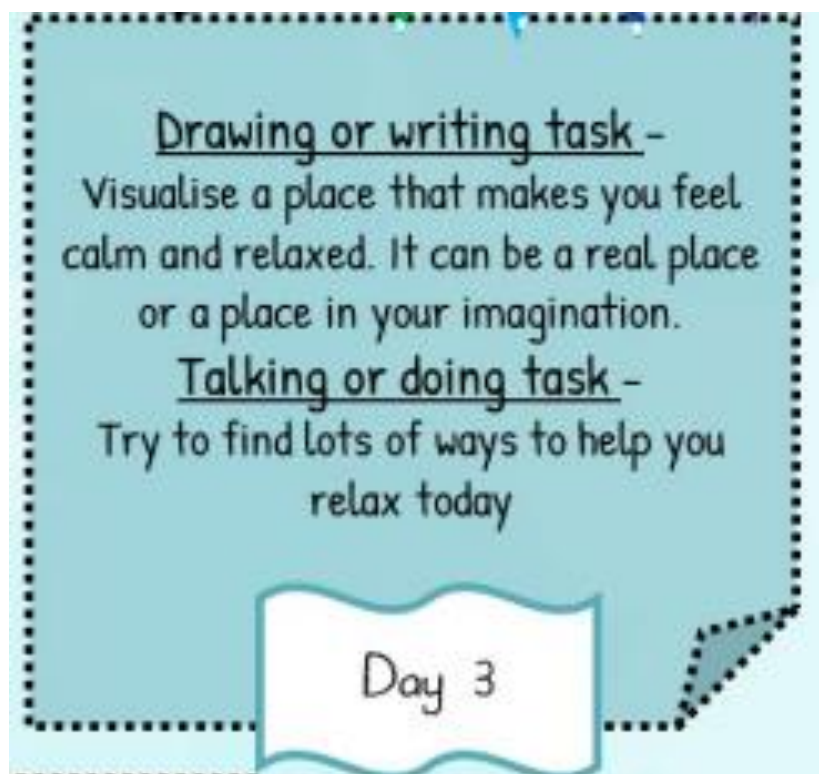


# 5 DAY ELSA SUPPORT 'EXPRESS YOURSELF' challenge



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Choose either the 'drawing or writing task' or the 'talking or doing task' and send me a photo of your task. If you choose the 'talking or doing task' write to me explaining what you did. Any questions, please ask 😊

See the template on the next page for the 'drawing or writing task'.

My visualisation

Day 3

