## SOAY ELSA SUPPORT EXPRESS YOURSELF GLOTIERGE WWW

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

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'.





