

5 DAY ELSA SUPPORT

'EXPRESS YOURSELF' challenge

Drawing or writing task -

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

Talking or doing task -

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

Day 5

©ELSA Support

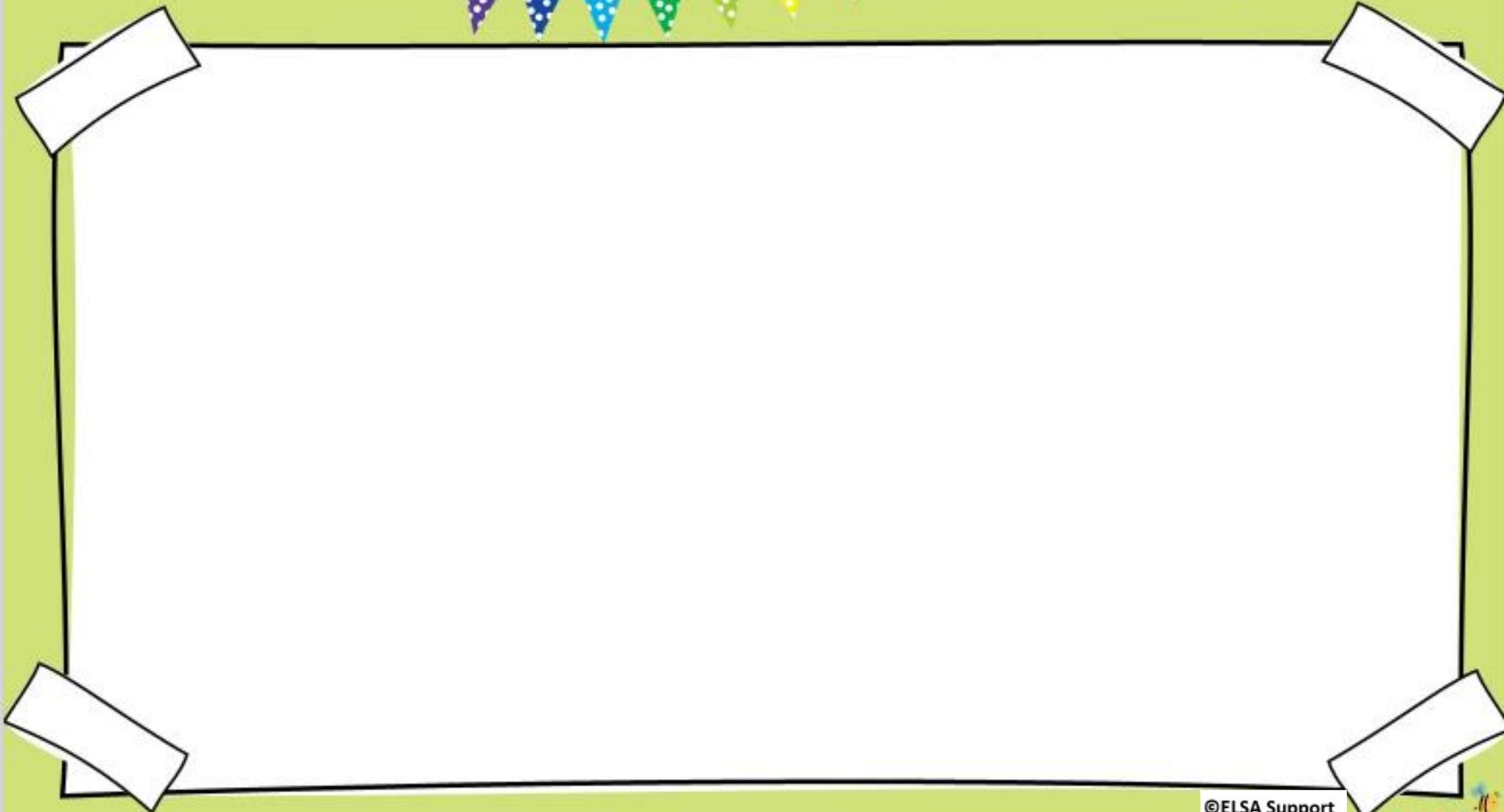
Choose either the 'drawing or writing task' or the 'talking or doing task' and send me a photo of your task. If you choose the 'talking or doing task' write to me explaining what you did. Any questions, please ask

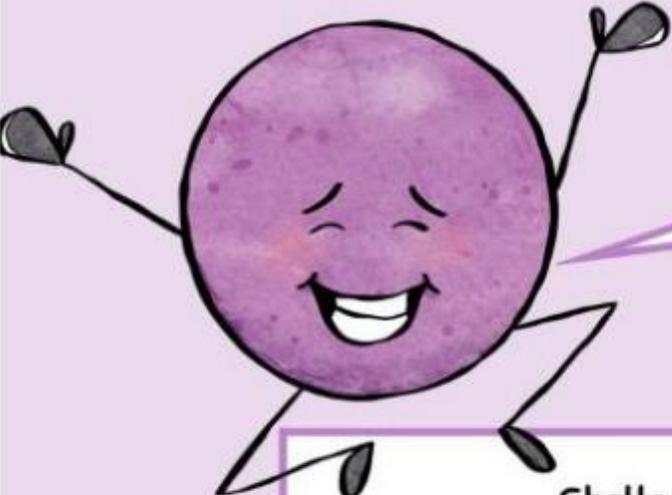


See the template on the next page for the 'drawing or writing task'.

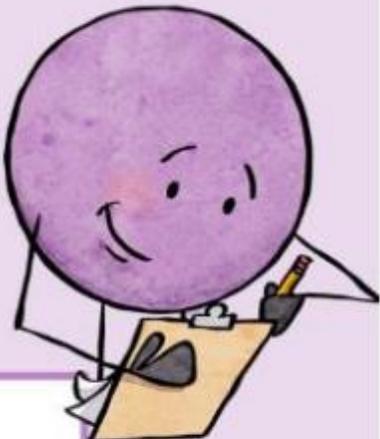
My happy photo collage?

Day 5





Did I do it?



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