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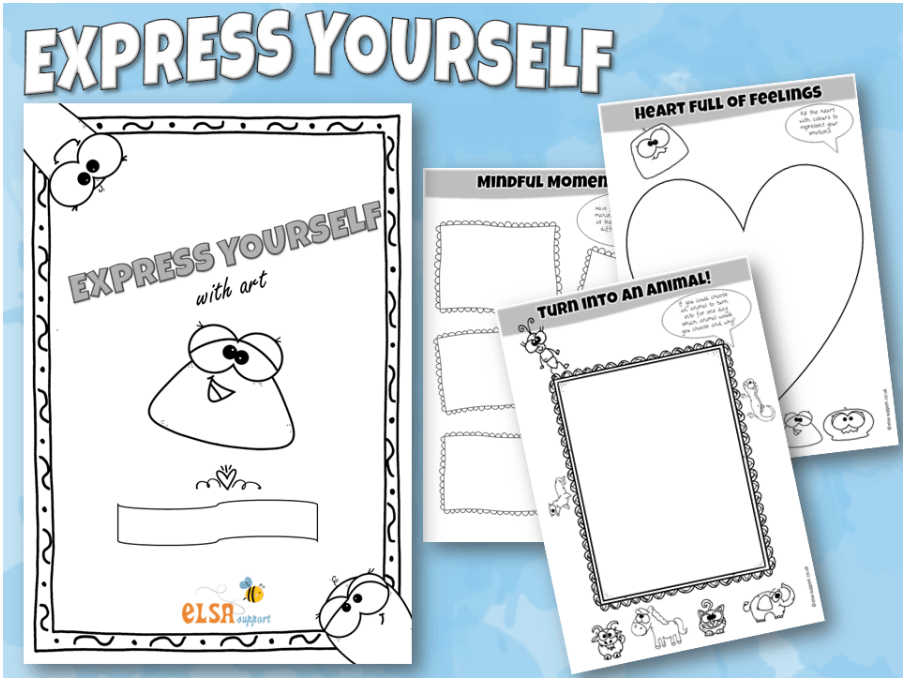

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5 DAY ELSA SUPPORT 'EXPRESS YOURSELF' challenge

Day 1

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 2

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 3

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 4

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 5

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

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This is a picture of me!

Day 1

These are my feelings right now

1.

2.

3.

4.

5.

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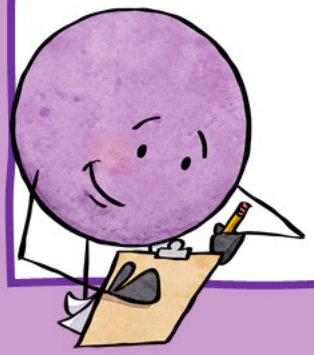
My musical drawing

Day 2

How did it make me feel?



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My visualisation

Day 3

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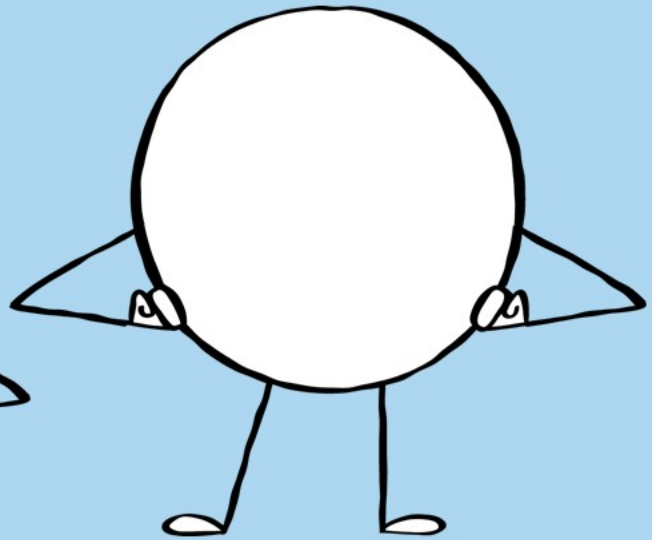
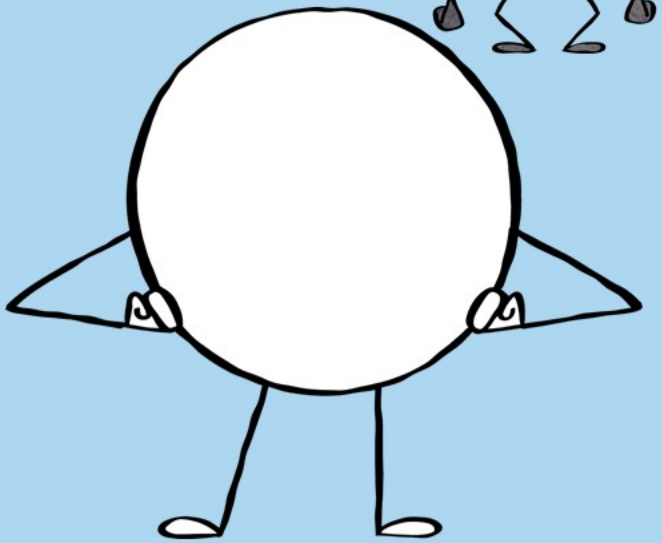
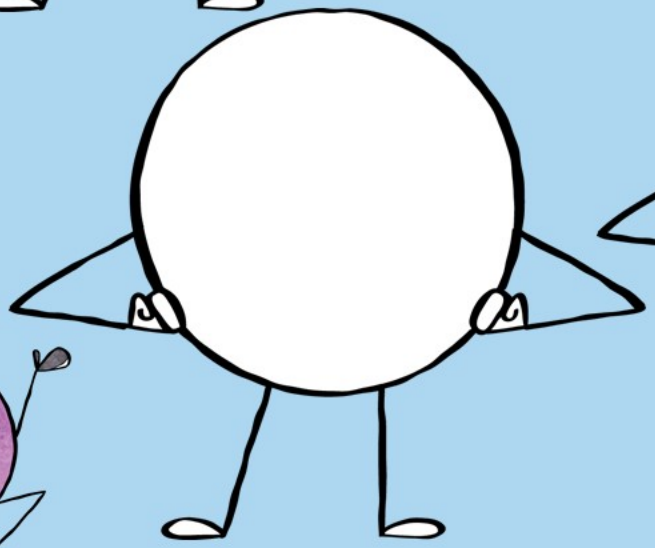
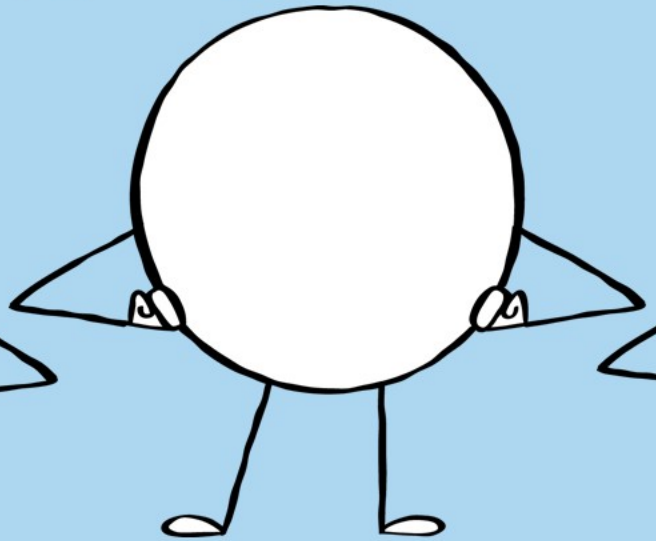
My facial expressions

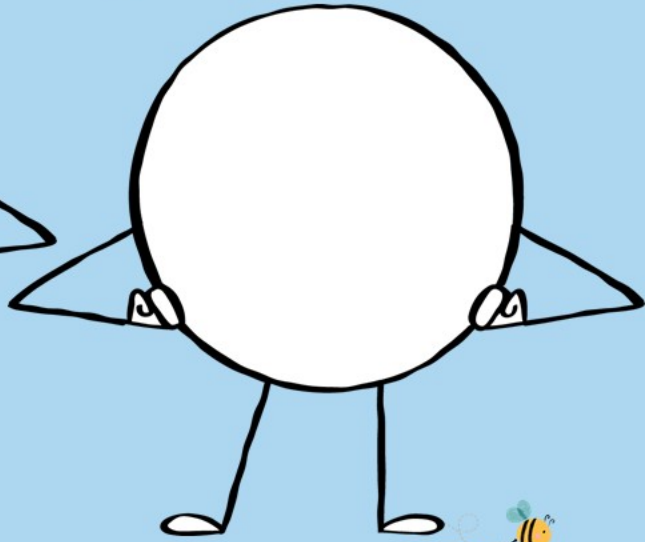
Day 4

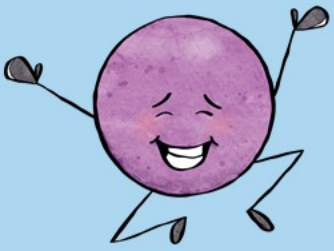












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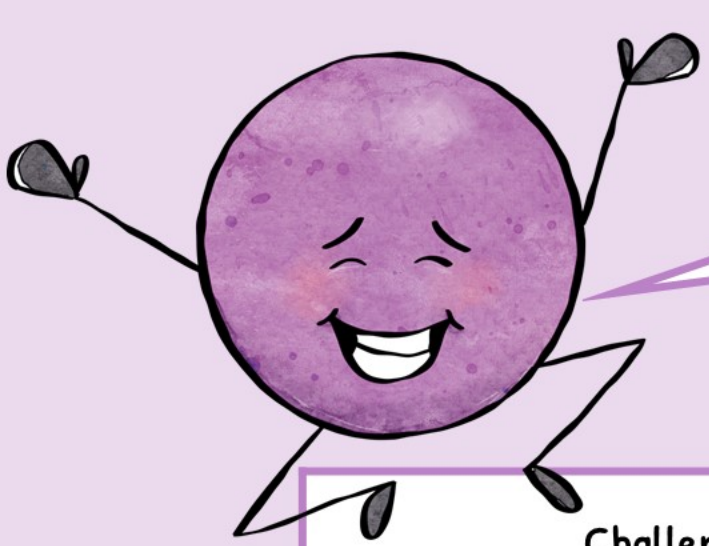
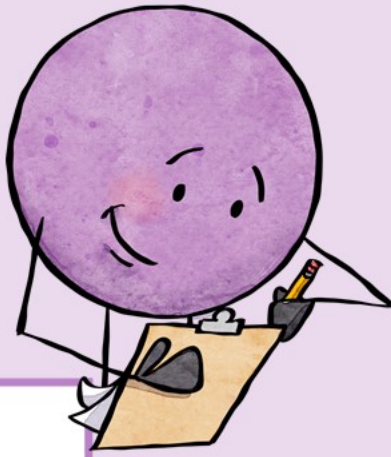
My happy photo collage?

Day 5



Did I do it?



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

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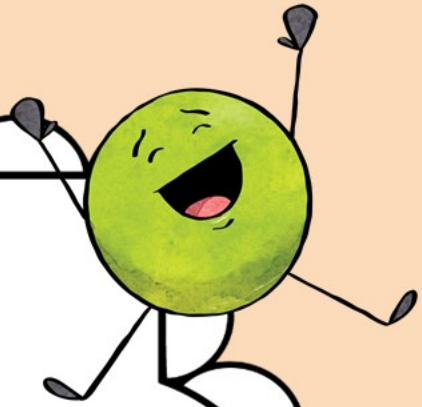
Congratulations

On completing the Elsa support 'EXPRESS YOURSELF' challenge

Signed: _____

Date: _____



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