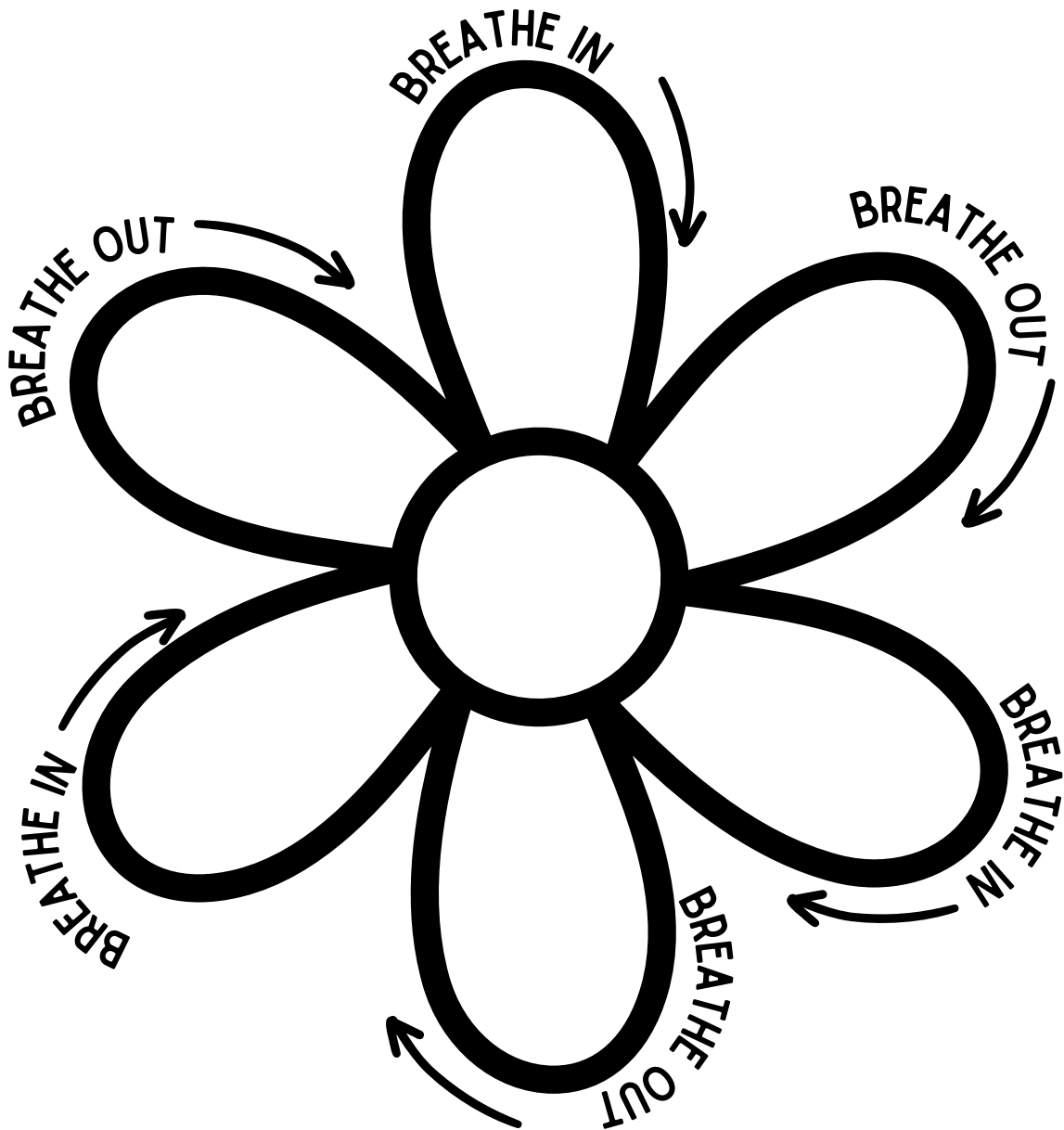


I CARE ABOUT...



PRETEND YOU ARE THE CENTRE OF THE FLOWER AND EACH PETAL REPRESENTS SOMETHING YOU CARE ABOUT.

WRITE ONE THING YOU CARE ABOUT IN EACH PETAL.

THEN, TRACE THE FLOWER WITH YOUR FINGER, FOLLOWING THE INSTRUCTIONS.
BREATHE IN AND OUT THINKING OF ALL THE THINGS YOU CARE ABOUT.