



TERMS OF USE



This resource is **copyright ©ELSA Support**

All free products on this site are subject to a **Creative Commons copyright licence**. You are free to copy, distribute, display, and perform the work under the following conditions:

Attribution: You must give the original author credit (**That is ©ELSA Support**)

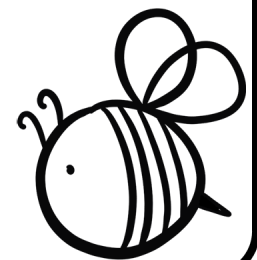
Non-Commercial: You may **not** use this work for commercial purposes (**You cannot sell this work or use it for financial gain**)

No Derivative Works: You may **not** alter, transform, or build upon this work (**You must not change our work in anyway**)

Thank you for abiding by copyright law.



www.elsa-support.co.uk

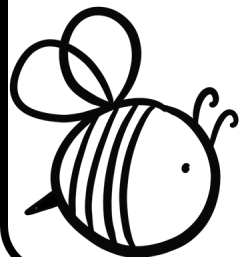




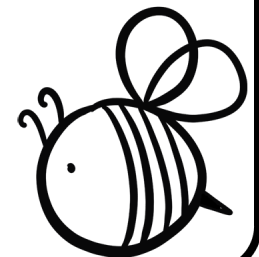
Other resources you will LOVE!



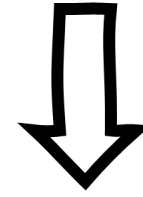
Please click the image to take you to this related and relevant resource:



www.elsa-support.co.uk



Print as A4. Cut out each shape and put together in a booklet. Staple at the top.



HAPPY

How can you be more **active**? What exercise can you do? Write or draw here

ACTIVE

How can you **help others**? Think about what you could do. Write or draw here

**HELP
OTHERS**

How can you **take notice**? Taking notice is about being mindful. Write or draw things you could do...

Take
notice

How can you **develop relationships**? This means spending time with other people. Write or draw here

DEVELOP
RELATIONSHIPS

How can you **learn something new**? What do you want to learn to do? Write or draw here

**LEARN
SOMETHING NEW**