## NATURE & ME

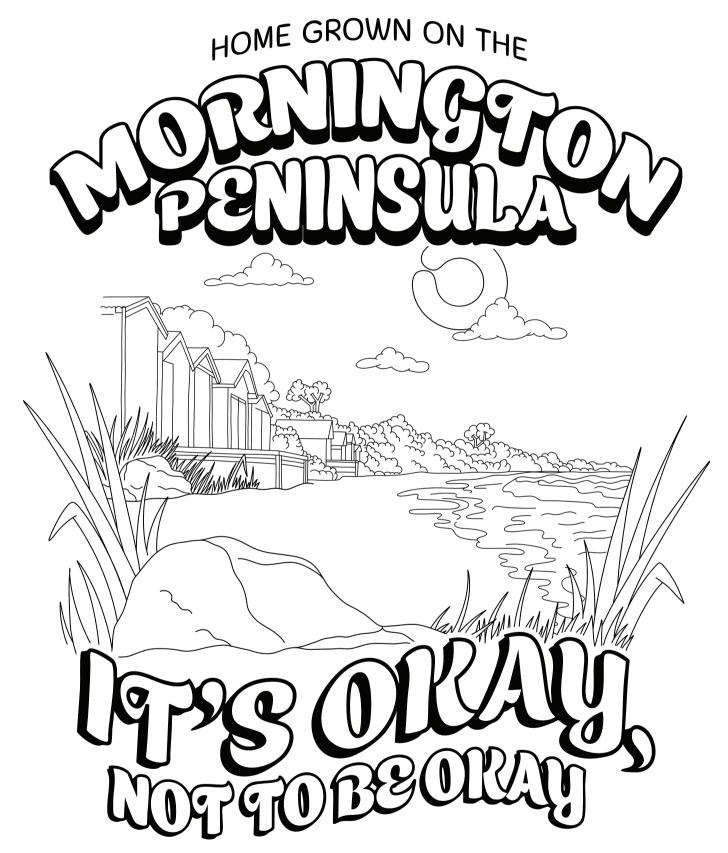


We all go through tough times and when we do, it's good to know what can help us. What are some things that help you feel happy or calm outdoors?

MY NAME IS

BEING OUTSIDE MAKES ME FEEL...

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| MY FAVOURITE OUTDOOR PLACE THAT |
|---------------------------------|
| MAKES ME FEEL CALM OR HAPPY     |

WHAT IS SOMETHING FROM NATURE THAT MAKES YOU SMILE?

MY FAVOURITE OUTDOOR ACTIVITY IS

THINGS I CAN DO WITH OTHERS THAT MAKE ME FEEL GOOD