



## 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)

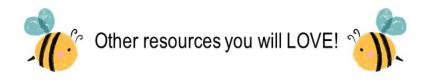
## Thank you for abiding by copyright law.



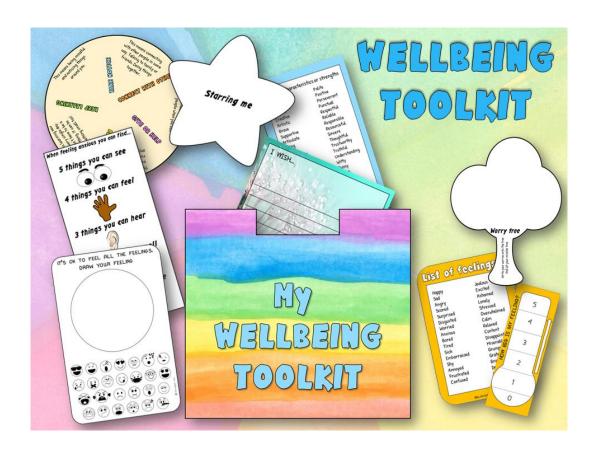
www.elsa-support.co.uk







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













You are strong!

Keep going!

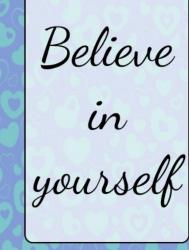
©elsa-support 2020

Take some deep breaths! You can do this!

You are awesome!

Remember your smile! There is only one you!

You are stronger than you think!



Today will be amazing!

Reach for the stars

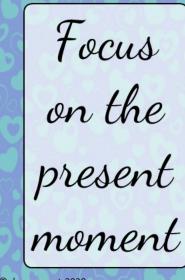
©elsa-support 2020

Stand tall and proud You've got this!

Find your calm!

Take one small step towards your dreams

Choose kindness Focus on what you can control



Mistakes are proof you are trying

Emotions are temporary

Delsa-support 2020

Think positive

Good things will come

Do what you love!

Today is a new day Treat yourself today Love yourself, you deserve it!

