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Other resources you will LOVE!



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Little Booklets

Includes:

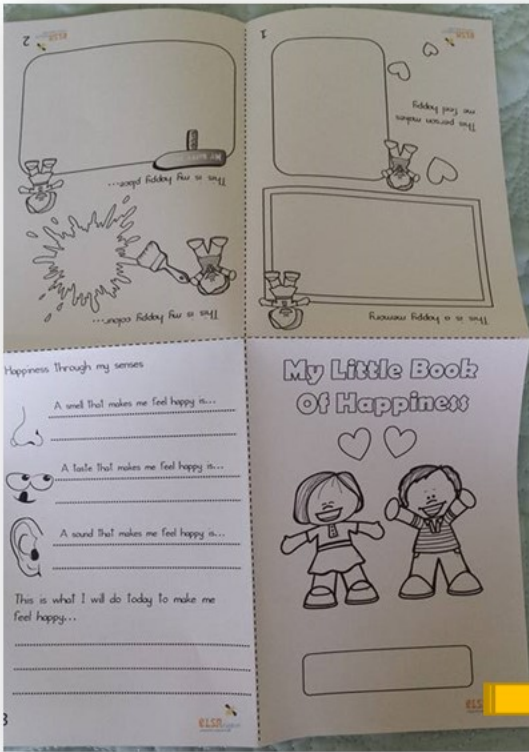
- 7 x Mindfulness/relaxation booklets
- 24 x Emotion booklets
- 3 x Happiness booklets
- 2 x Animal booklets
- 7 x Transition booklets



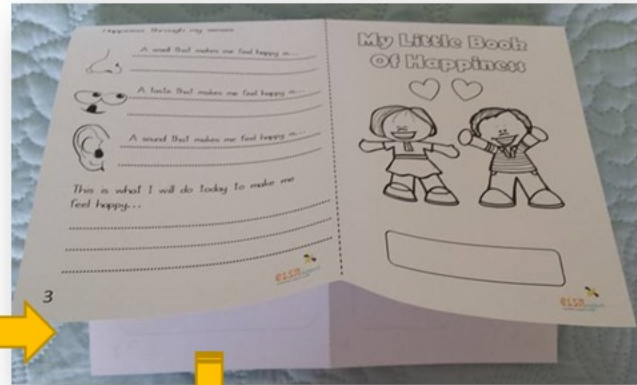
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Making up the Little books

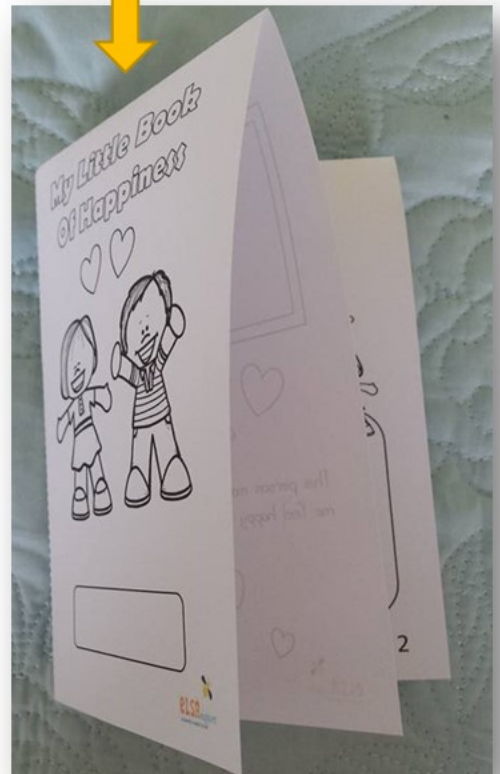


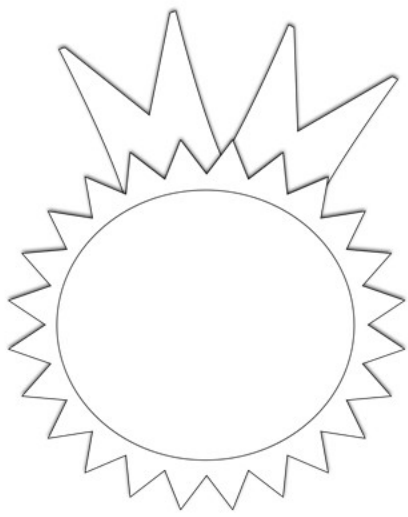
Print onto A4 or A3.
Fold inwards along the horizontal dotted line.



Then fold inwards along the vertical dotted line.

You will have a title page and 3 pages to fill in.





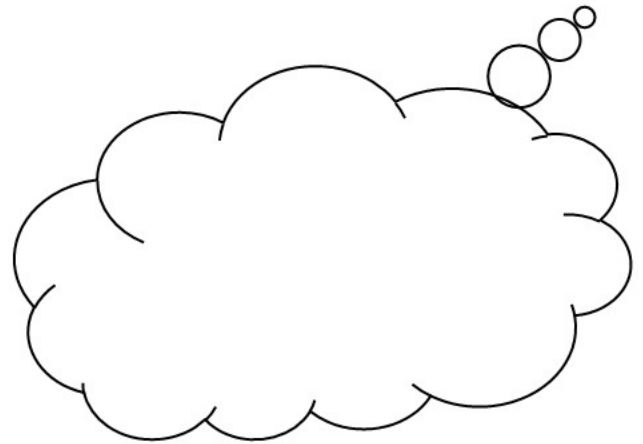
Proudest moment

Four horizontal lines for writing.

Something I learnt to do

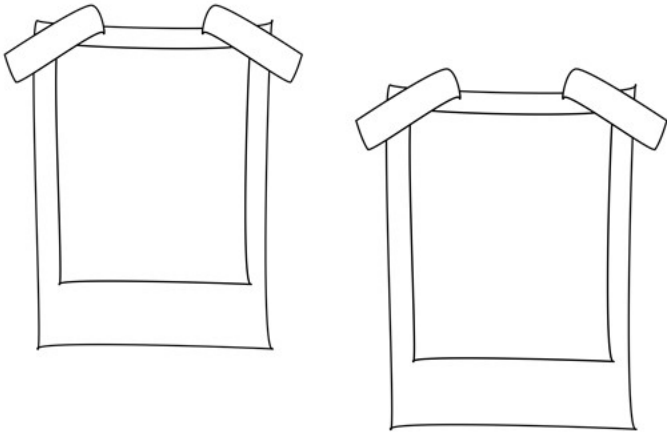
Four horizontal lines for writing, with a circle containing the number '2' on the right side of the second line and a circle containing the number '1' on the right side of the third line.

I am thankful for



My happiest memory of lockdown

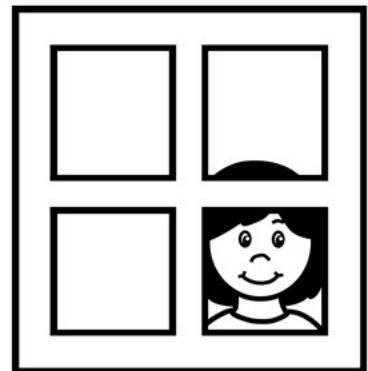
People I am excited to see again



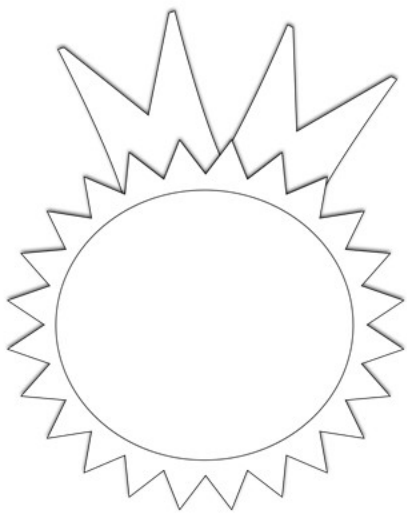
My worries

Five horizontal lines for writing.

My little book of lockdown



A horizontal rectangular box for writing.



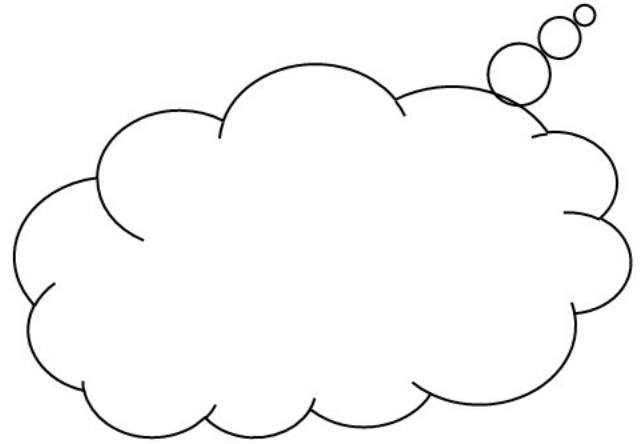
Proudest moment

Four horizontal lines for writing.

Something I learnt to do

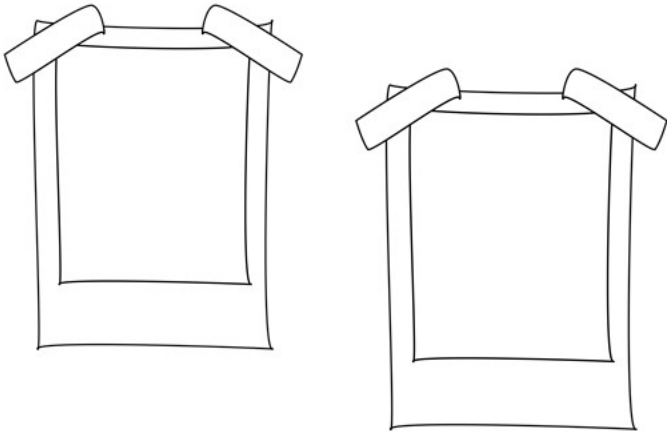
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I am thankful for



My happiest memory of lockdown

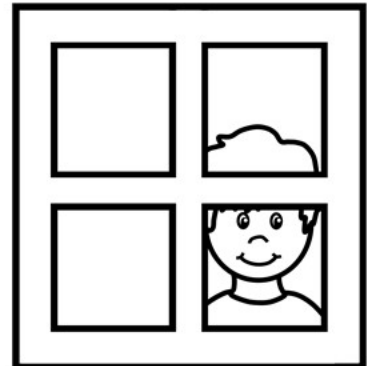
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