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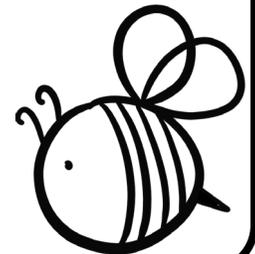
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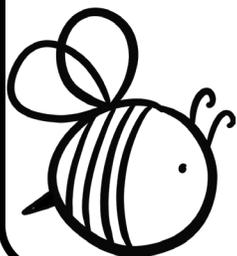
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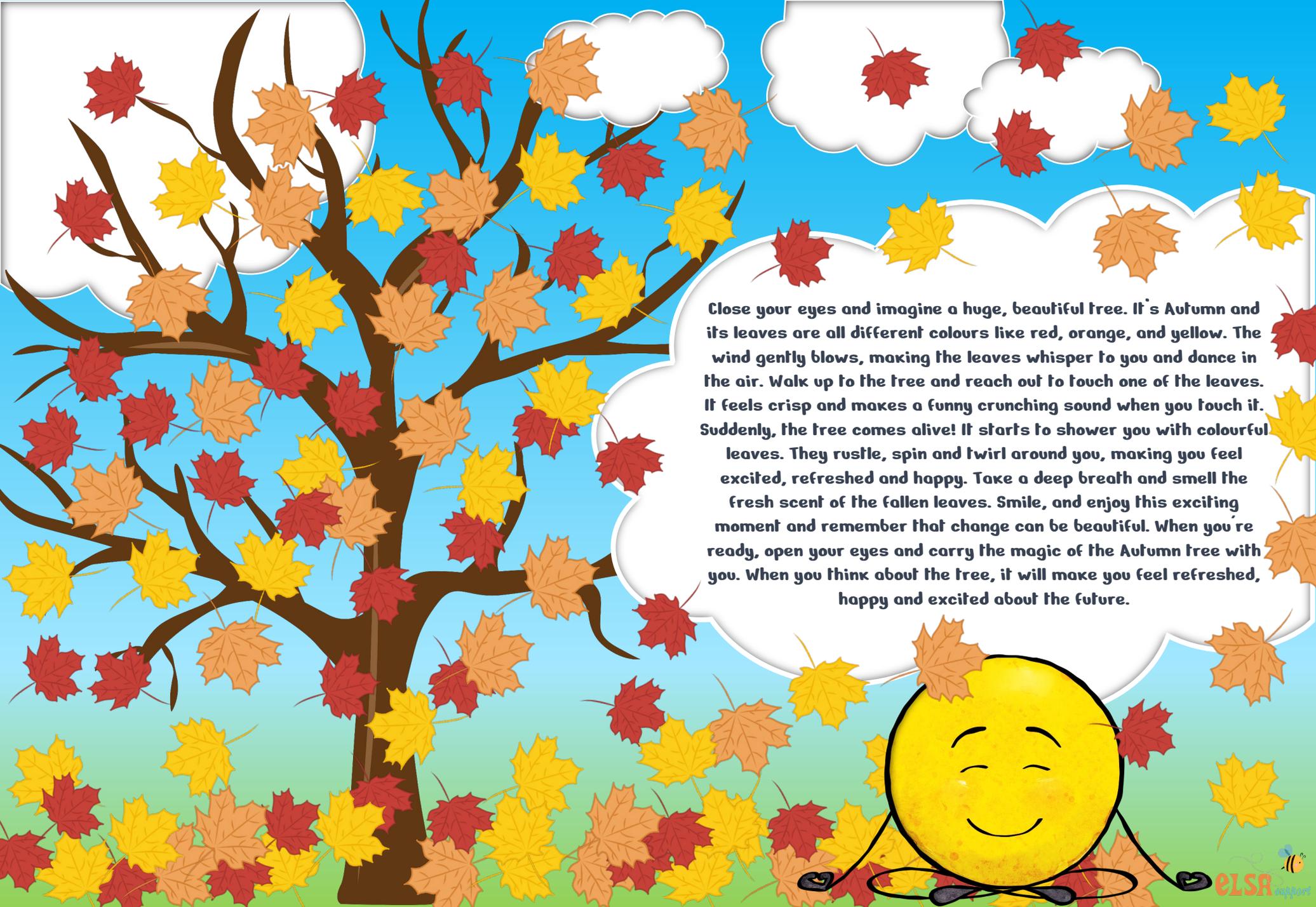


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Close your eyes and imagine a huge, beautiful tree. It's Autumn and its leaves are all different colours like red, orange, and yellow. The wind gently blows, making the leaves whisper to you and dance in the air. Walk up to the tree and reach out to touch one of the leaves. It feels crisp and makes a funny crunching sound when you touch it. Suddenly, the tree comes alive! It starts to shower you with colourful leaves. They rustle, spin and twirl around you, making you feel excited, refreshed and happy. Take a deep breath and smell the fresh scent of the fallen leaves. Smile, and enjoy this exciting moment and remember that change can be beautiful. When you're ready, open your eyes and carry the magic of the Autumn tree with you. When you think about the tree, it will make you feel refreshed, happy and excited about the future.

# Refreshed, happy and excited

What makes you feel refreshed, happy and excited? Write or draw in the leaves. You can colour in the smaller leaves.

