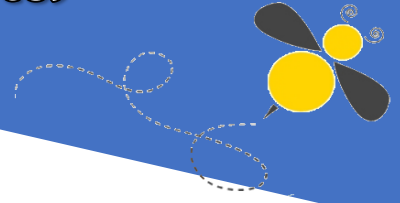


CALM AND RELAX

Social and emotional resources



Terms for using this resource

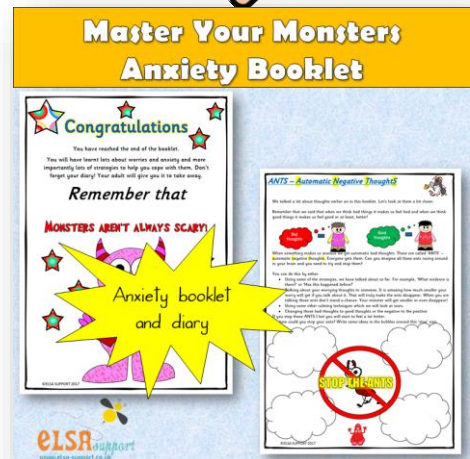
Please do not copy or share this resource in any format, including the internet.

Please direct people to the website so they can download their own copy.

Thank you for your co-operation on this.



This is a resource for #elsafreefriday



[ELSA Website](#)

[ELSA Facebook Page](#)

[ELSA Twitter](#)

[ELSA Facebook TA Group](#)

[ELSA Pinterest](#)

[ELSA Parent group](#)

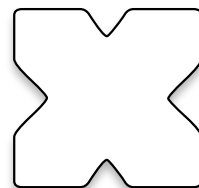
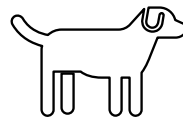
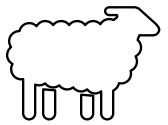
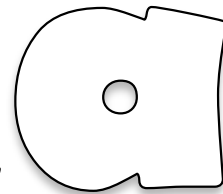
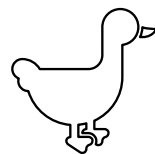
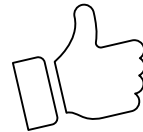
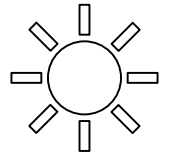
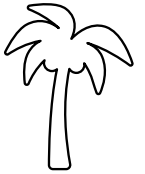
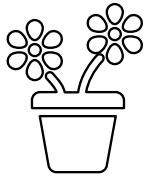
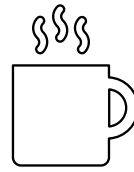
Instagram: [elsa_support](#)

Facebook ELSA Secret Group: Contact info@elsa-support.co.uk for your invitation



This is the back
Fold along the straight line
inwards and cut along the
dotted lines.

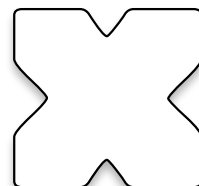
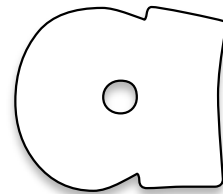
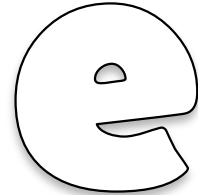
Each letter can be decorated
and then a calming strategy
written underneath the flap.





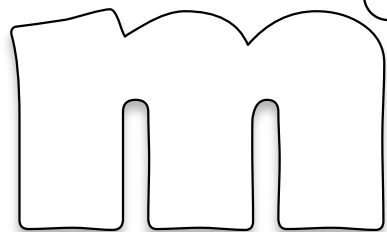
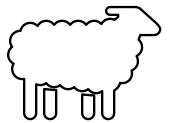
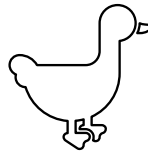
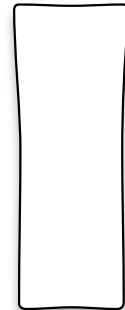
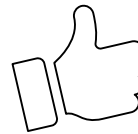
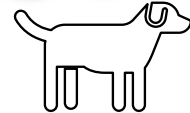
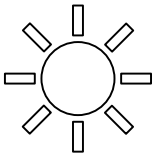
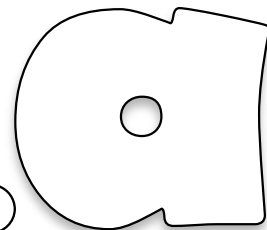
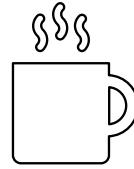
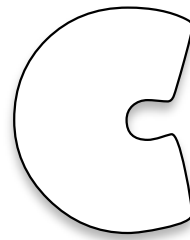
This is the back
Fold along the straight line
inwards and cut along the
dotty lines.

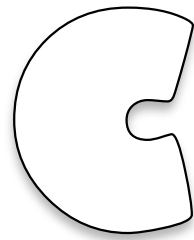
Each letter can be decorated
and then a calming strategy
written underneath the flap.



This is the back
Fold along the straight line
inwards and cut along the
dotted lines.

Each letter can be decorated
and then a calming strategy
written underneath the flap.





This is the back
Fold along the straight line
inwards and cut along the
dotty lines.

Each letter can be decorated
and then a calming strategy
written underneath the flap.

