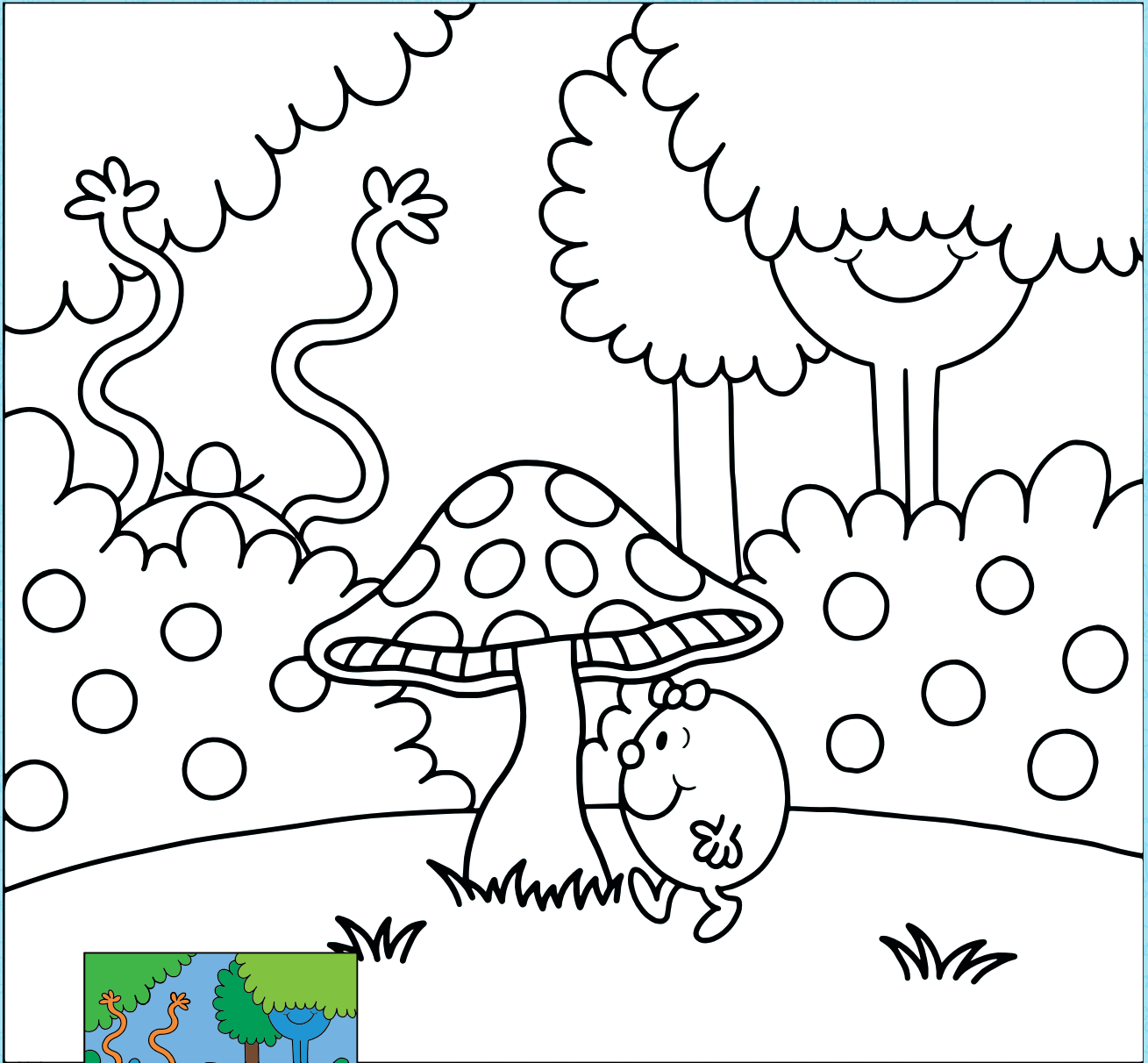




ALL DIFFERENT

We are all wonderfully different and equally special.
What makes you... You?



Colour the picture like the example shown here
or just be creative and use the colours you like best!

Read all books of the DISCOVER YOU series:





TRY AGAIN

Are you able to bounce back when challenges come your way? This is what being resilient means.



Colour the picture like the example shown here or just be creative and use the colours you like best!

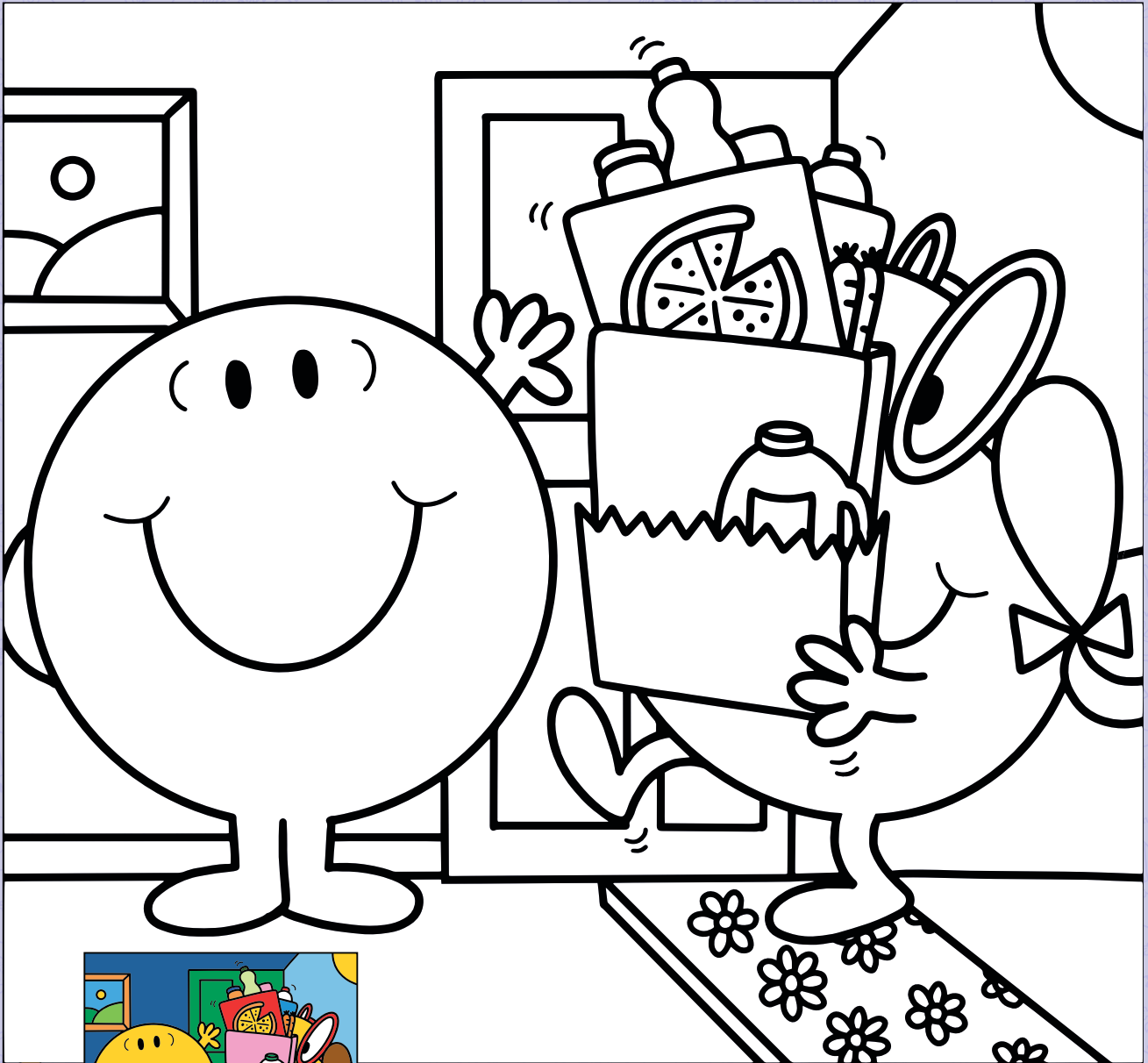
Read all books of the DISCOVER YOU series:





BE KIND

It can be difficult to be kind.
Sometimes it's the small things.



Colour the picture like the example shown here
or just be creative and use the colours you like best!

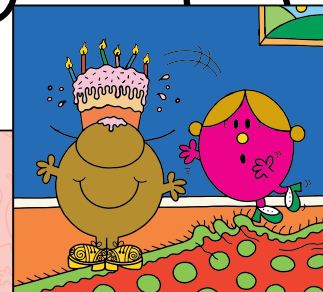
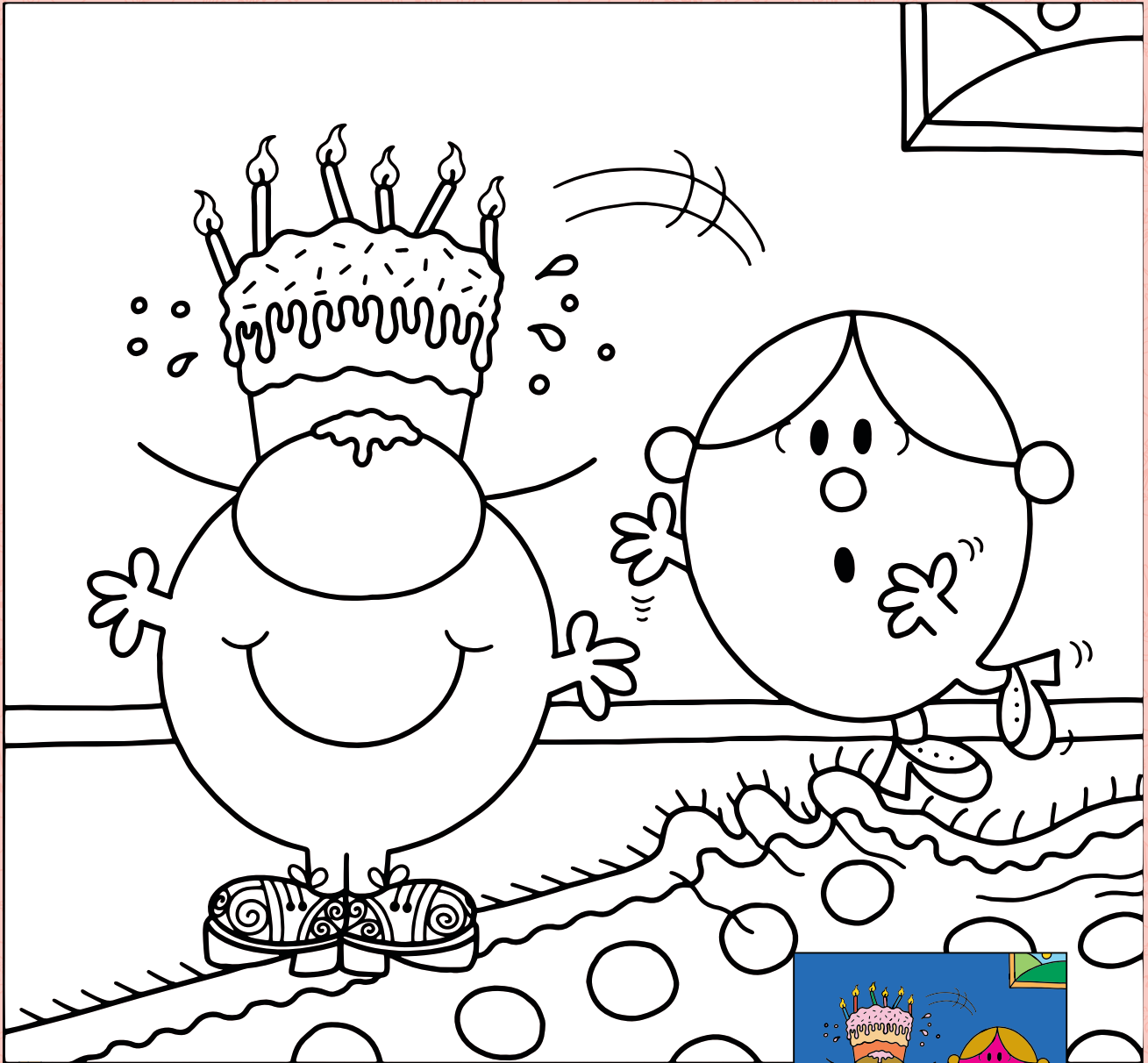
Read all books of the DISCOVER YOU series:





WORRIES

Everybody worries sometimes. But sometimes the most wonderful things happen by accident!



Colour the picture like the example shown here or just be creative and use the colours you like best!

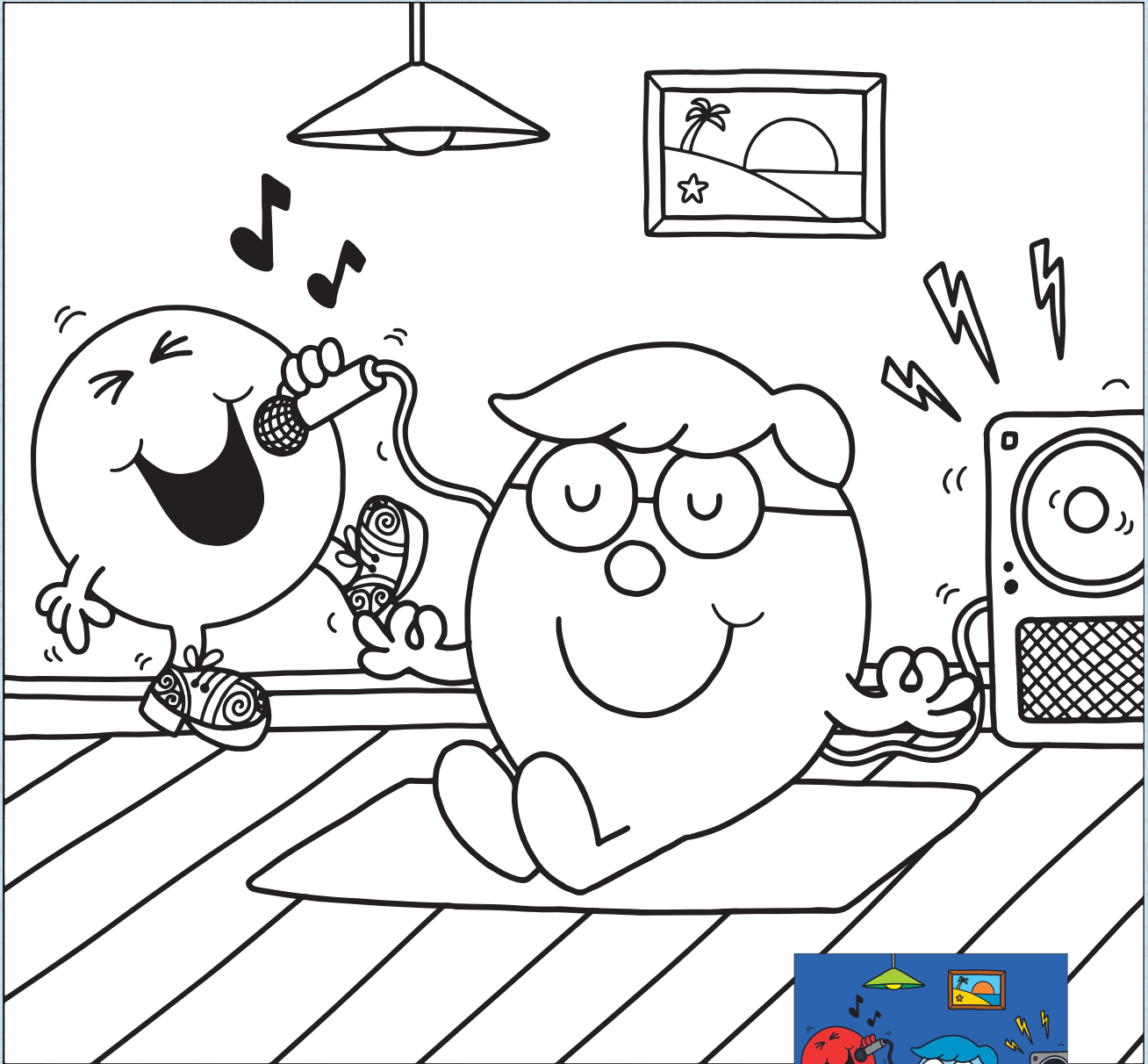
Read all books of the **DISCOVER YOU** series:





FIND CALM

Mr. Calm has learnt how to think about what's happening right now and not feel so overwhelmed by what is going on around him. This is what mindfulness means.



Colour the picture like the example shown here or just be creative and use the colours you like best!

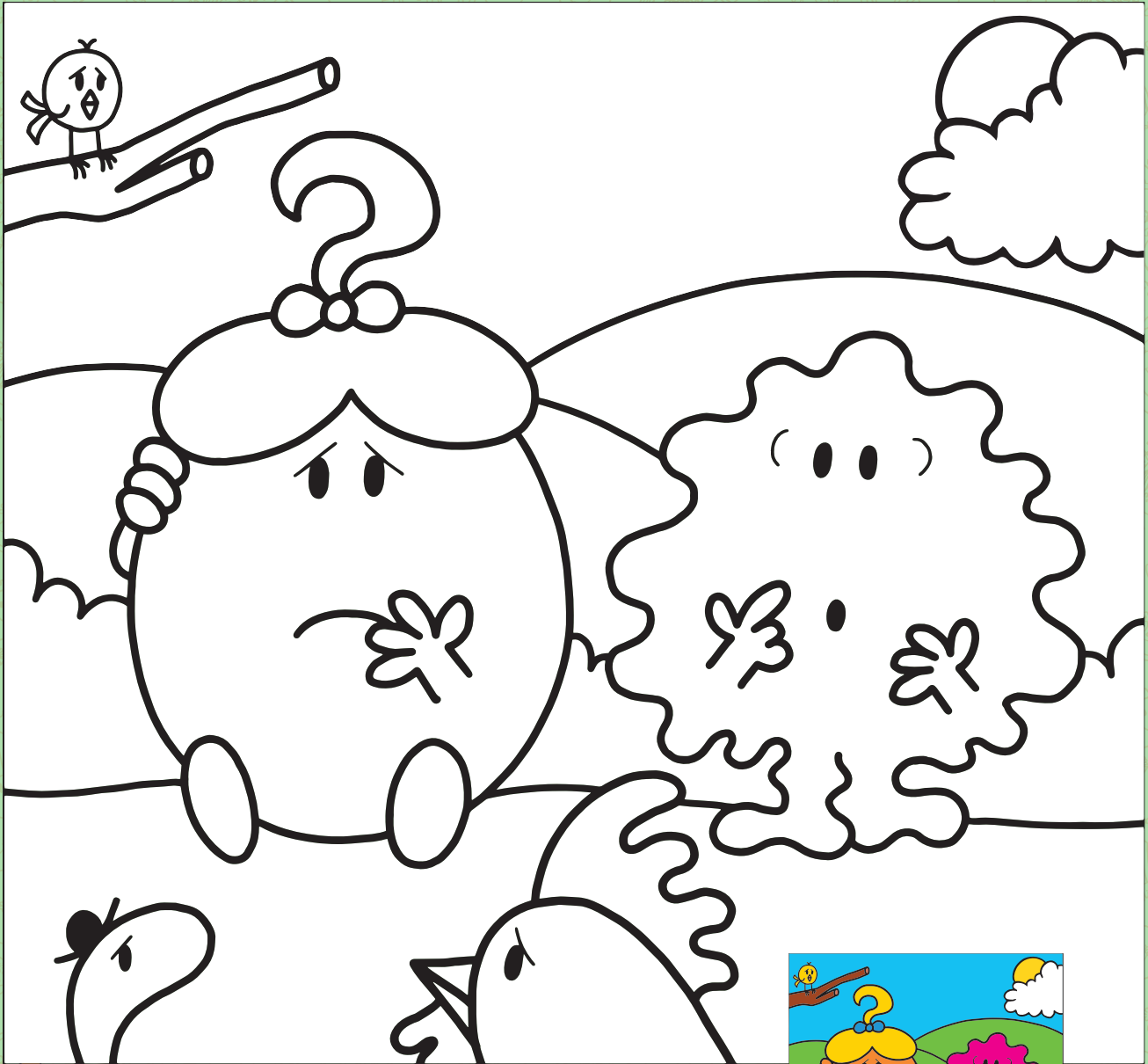
Read all books of the **DISCOVER YOU** series:



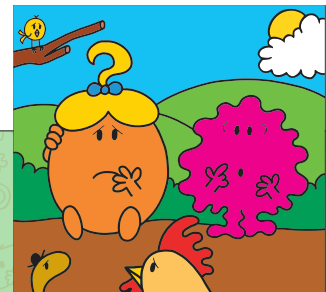


FEELING SAD

You can't be happy all the time. It's OK to be sad sometimes. In fact it can help us learn a lot about our own feelings and those of other people.



Colour the picture like the example shown here or just be creative and use the colours you like best!



Read all books of the **DISCOVER YOU** series:

