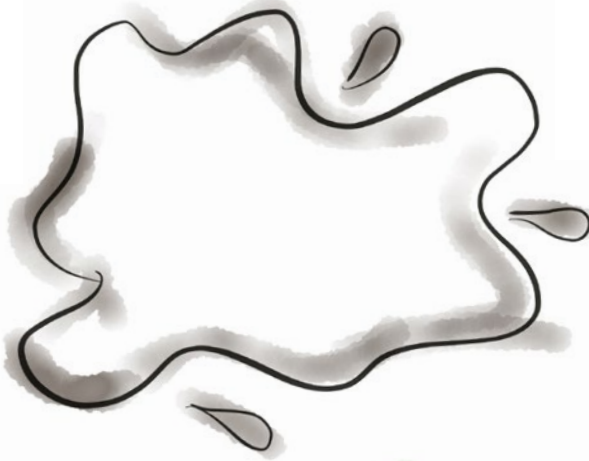
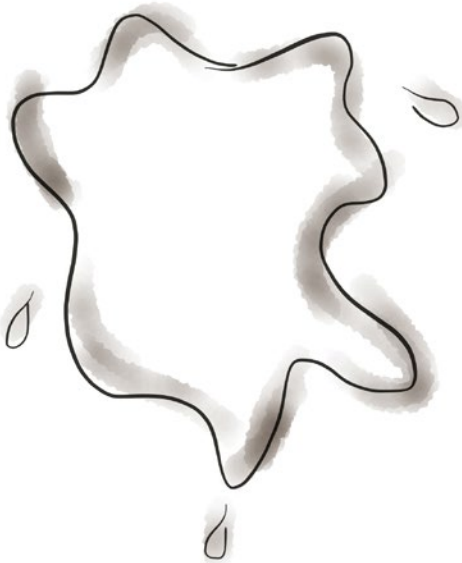


Things I need to let go of

What are some things that you have been holding on to for too long? Is there something that you can let go of to help you feel stronger? It could be a thought, memory, friendship, or no-good habits (just to name a few).

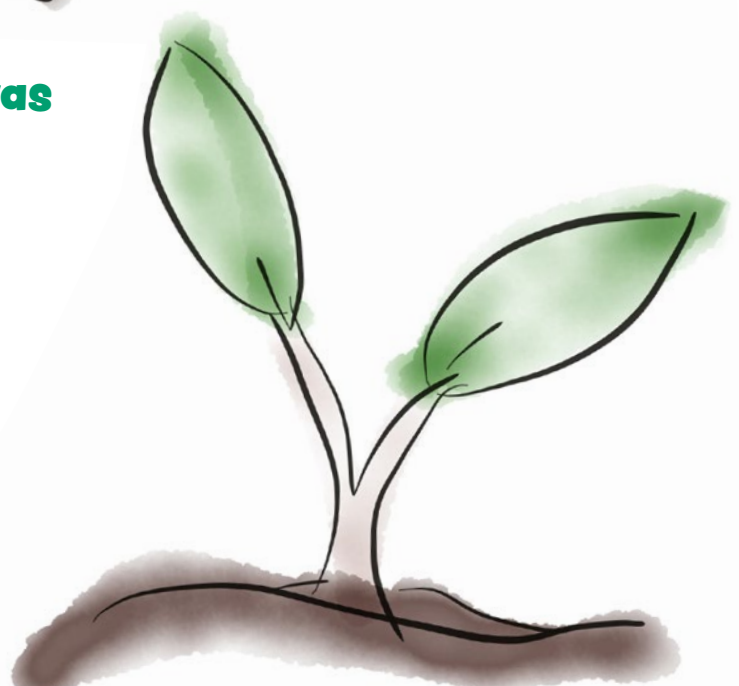
Write them on the SPLATs below!



What I learnt from this was

Sometimes we need to let go of things because they get in the way of us living our lives fully. When we do, we can learn something new about ourselves.

Write something that you have learnt on the leaves of this sprouting tree.

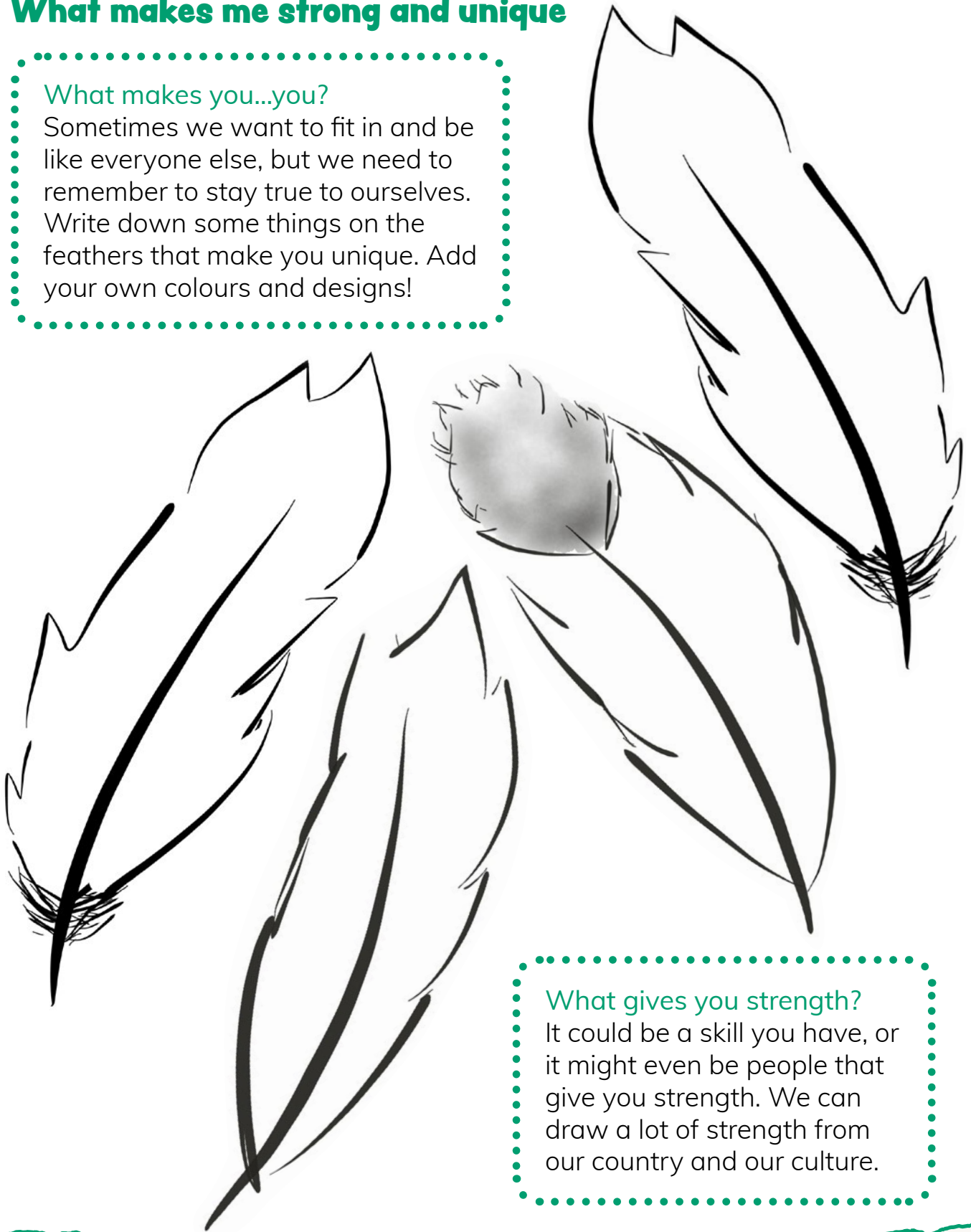


Eli's Yarn

What makes me strong and unique

What makes you...you?

Sometimes we want to fit in and be like everyone else, but we need to remember to stay true to ourselves. Write down some things on the feathers that make you unique. Add your own colours and designs!



What gives you strength?

It could be a skill you have, or it might even be people that give you strength. We can draw a lot of strength from our country and our culture.



Government of **Western Australia**
Department of **Communities**

www.communities.wa.gov.au/thestoryanimals