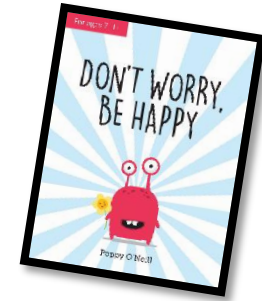


Wellbeing Book Project: Don't Worry, Be Happy.

Part One

Activity Two: I Love Myself



A large rectangular box containing a grid of 12 circles, each with an emotion word written inside. A small grey snail with two eyes is positioned in the middle-left area, partially overlapping the circles. The words are: Happy, Sad, Angry, Shy, Nervous, Interested, Surprised, Calm, Scared, Grateful, Confident, and Proud.

A large rectangular box containing a grid of 12 empty circles, identical in layout to the first box. A small grey snail with two eyes is positioned in the middle-left area, partially overlapping the circles.