

17th December



Christmas Clean-Up

It is time for a Christmas Clean-Up!

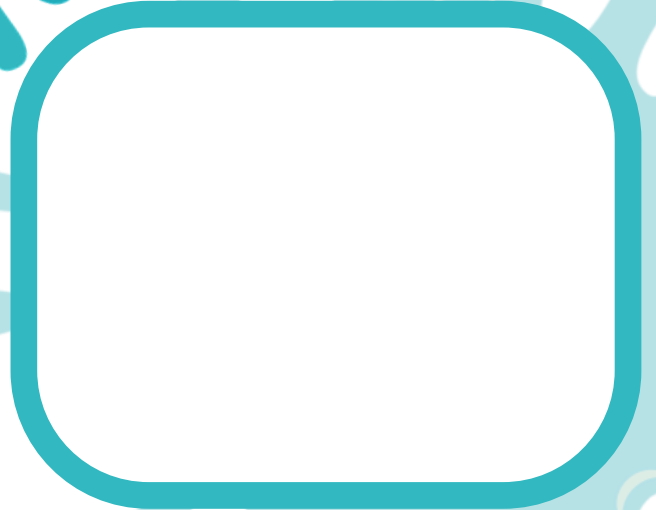
Spend some time thinking about:

- * *What makes you feel happy?*
- * *What helps you to relax or feel calm?*
- * *What stops you from feeling bad?*
- * *What are some good distractions for you?*
- * *Are there any new things that you would like to try?*

Remember, you can add new things in your life to help you feel more positive. You can also tidy up as much as you would like to this Christmas and take away what you don't want or need.

The background features various teal splashes and a yellow sponge with brown spots. The text 'Christmas clean-up' is written in a playful, rounded font on a white banner that curves across the top left.

Christmas
clean-up

A large, empty rounded square box with a teal border, intended for a drawing or illustration.A large, empty rounded square box with a teal border, intended for a drawing or illustration.A large, empty rounded square box with a teal border, intended for a drawing or illustration.A large, empty rounded square box with a teal border, intended for a drawing or illustration.A large, empty rounded square box with a teal border, intended for a drawing or illustration.