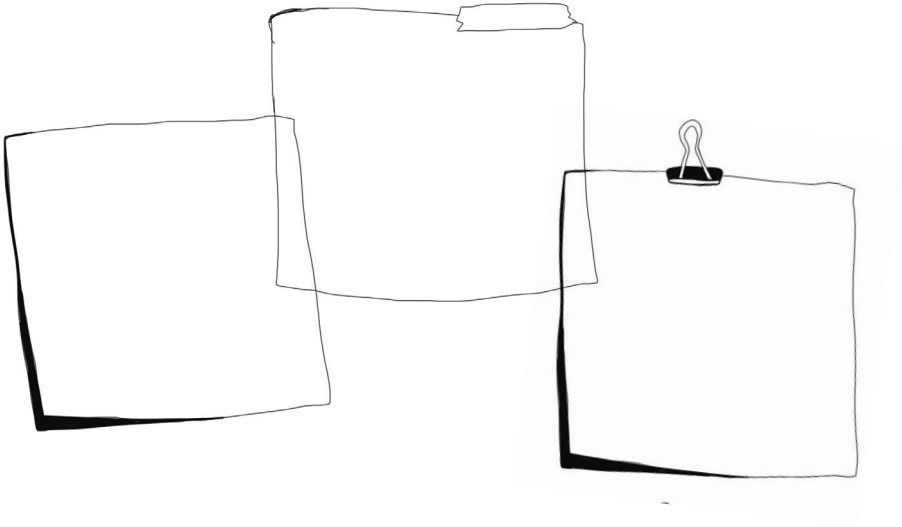
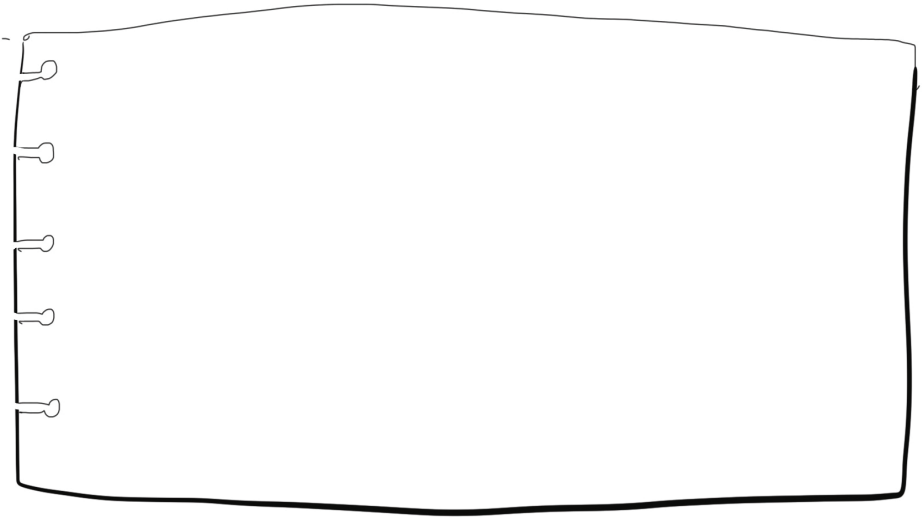
a good day

On this page, draw what a good day feels like to you.
Use colours and textures that represent the things that help you stay well.

continued on the other side

What do the things in your “good day” drawing tell you about your idea of living well? Write below.



Why do the colours/textures that you chose represent a good day?