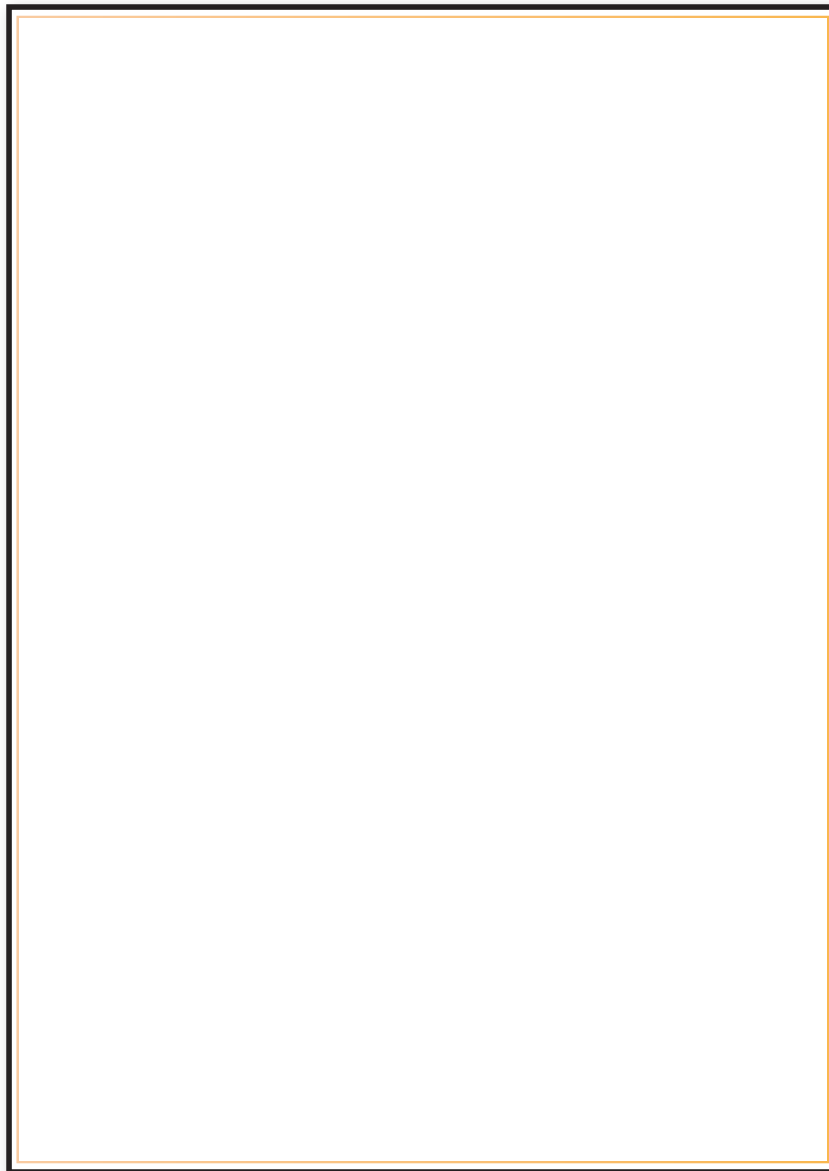


AFFIRMATIONS

Each chapter starts with an affirmation. Positive affirmations are statements that alleviate feelings of anxiety or depression by increasing self-esteem and mindset.

Choose your favourite affirmation from the story and turn it into a poster in the space below. You may want to visit the poster section on [LearnFromPlay.com](https://www.learnfromplay.com) to see some of the affirmation posters we have made.



Visual Arts: ACAVAM116 - Plan the display of artworks to enhance their meaning for an audience.



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