



## Poster

In the space below design a poster to help you if you get stressed like Harold. Be sure to add a title plus the 3 steps:

- \* Take 3 breaths
- \* Count slowly to 10
- \* Focus on positive things



ACPPS017 / PD1-2 - Recognises and describes strategies to feel comfortable, resilient and safe. ACAVAM108 / VAS1.1 - Creates artworks to communicate ideas and experiences to an audience.