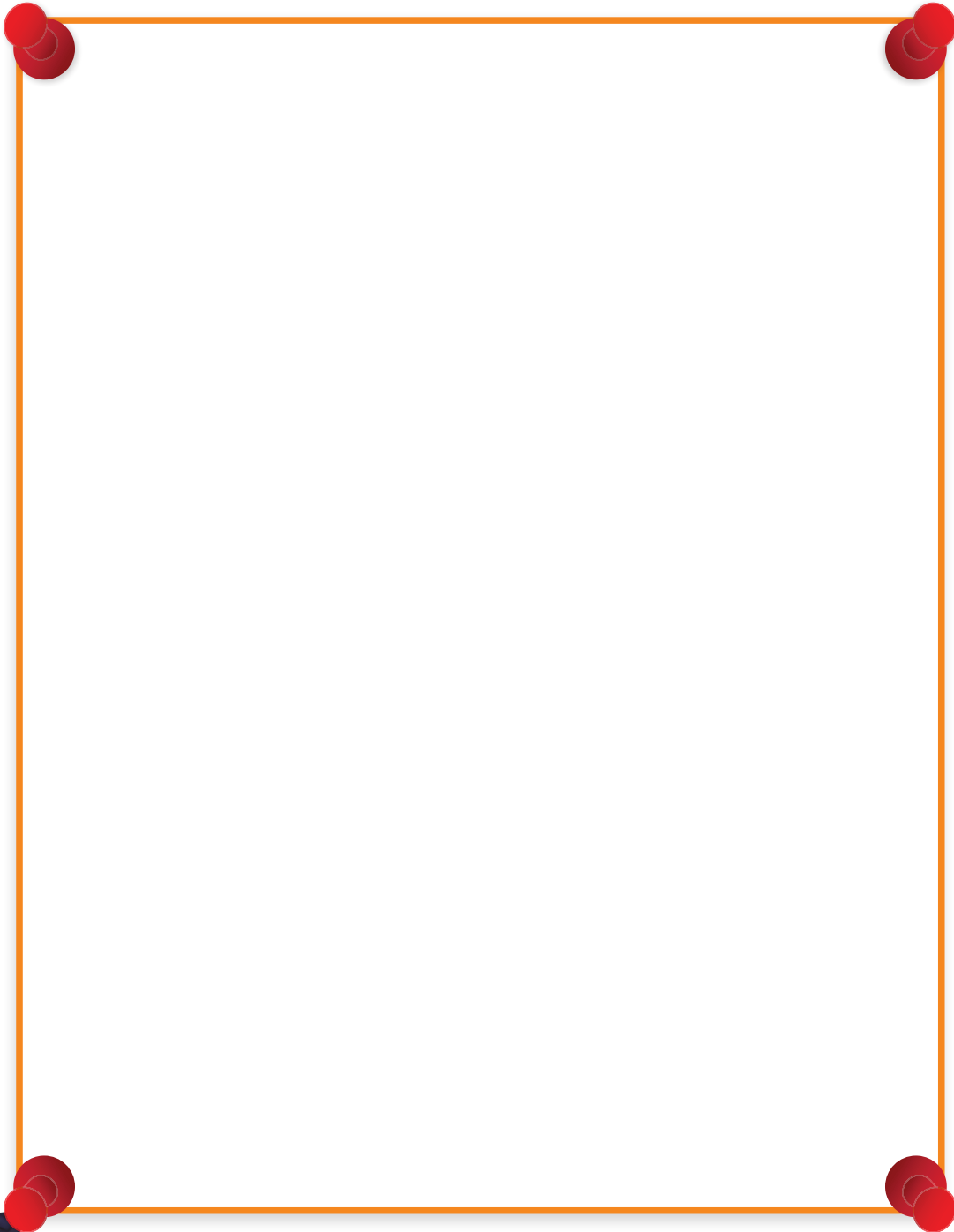


Poster

Sometimes Harold gets nervous and feels a little bit funny like there are butterflies in his tummy. Make a poster to help you if you get nervous. Be sure to add the words "Keep Calm" and the 3 steps:

- Take 3 breaths
- Count slowly to 10
- Calm Down



ACPPS017/PD1-2 - Recognises and describes strategies to feel comfortable, resilient and safe.
ACAAM108/VAS1.1 - Creates artworks to communicate ideas and experiences to an audience.