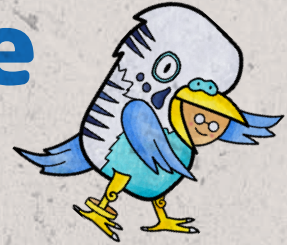


# What will make a difference?





# What will make a difference?



We know some days can be hard.

What helps you to get through? These are some ideas.

Circle these or write your own in the balloons on the previous page.

