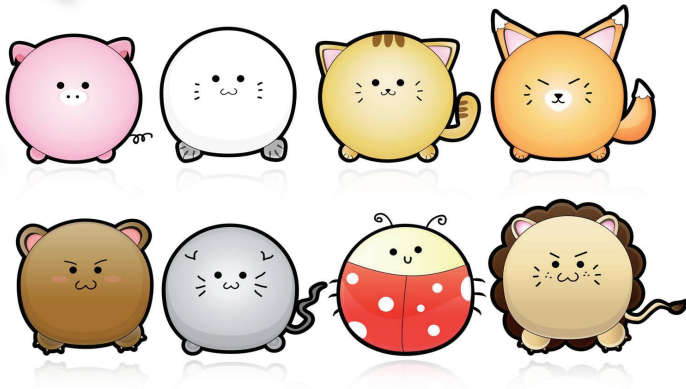


**YOU'RE AN
ANIMAL!**



YOU WILL NEED:
Space blanket,
sketch book,
pencil

Go somewhere quiet on your own and get all wrapped up in the space blanket with the sketch book and pencil on your lap. When you're all cosy and safe, think back to a time when someone made you feel bad.

Focus on how you felt in that moment, and then imagine that feeling is an animal.

Write down the feeling, the animal you've chosen, and then add what the animal feels like to touch, what sound it makes, how you feel about this animal, and any other details you want to add.

Decide whether you're going to let the animal come in under the space blanket with you. What will you say or do to let it know whether it's allowed in or not?

Maybe you could create another animal to help you get the message across. Write it all down...



Artwork: Vicky Foster

