



**WRITE A LETTER TO
SOMEONE YOU LOVE.
THIS CAN ALSO BE
YOURSELF!**

The background of the image is white and is decorated with numerous small, five-pointed pink stars of varying sizes, scattered across the entire surface.

**make yourself comfy &
put on your favourite
music.**


**How does it make you
feel?**



**Stop 5
minutes &
listen.
What do
you hear?**

*What are
you thankful
for?
Make a list.
Name at
least 10
things.*



A photograph of a winter landscape. In the foreground, a snow-covered hillside slopes upwards. Several evergreen trees are scattered across the middle ground, their branches heavily laden with snow. The background shows a cloudy sky with a soft, diffused light. The overall color palette is muted, with various shades of blue, green, and white.

Grab pen & paper,
draw with your
left/right hand.
What do you
discover?