

Let's get Creative!!

A Celebration of STANDING STRONG with Take Five

TAKE FIVE
.....
AT SCHOOL

STAND STRONG
BREATHE



We love hearing from you about how you are **STANDING STRONG** at this time.



Take Five Highlighter Pen

As a thank you for taking part, we have a gift for every person that sends in their creative designs – this special gift will be waiting for you when all pupils return to school.

If you are using Take Five/Virtual Take Five at home or school, you can join this celebration and share your STANDING STRONG experience! We are sure that this will help other children to be inspired to STAND STRONG themselves.

So **get creative**, and tell us how Take Five helps you to **grow your own strength, and ability to cope and thrive**.

Maybe you would like to share how it has helped you, for example: get on with people, manage worries, sleep well, or focus on your schoolwork... Or perhaps, you might want to share how you have helped other people in your home with Take Five?

Grab your Pen or pencil!

In your own words write...
In 30 words or more,
"I like doing Take Five because..."
or write a story or poem

Draw, sketch, paint, model, build!

Get your creative hands ready with... a painting – a sketch – a collage – a model, or build something... using things from Nature, or recycled materials... ..anything

Your involvement will inspire other children (and your teachers!)
Thank you!

Please send what you create into your school in the normal way (please take a photograph of anything you cannot send in). Your artwork will be part of a **Take Five online gallery** showcased on our **Social Media and website**, and some of your amazing work may be submitted as part of a National Funding report that could be viewed in the National press. How exciting!

**Good luck and GO ON – INSPIRE US ALL TO
STAND STRONG AND BREATHE**



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