















Turning over a new leaf






1  **3** 
1. Draw 3 leaves




2     **1** 
2. On each leaf write 1 thing that makes you feel anxious

3   
3. Turn each leaf over

4   **1**  
4. Now write 1 way you would like that thing to change

5    
5. Choose which one is most important to you

6    **+**  
6. Draw a new leaf and write how you could achieve it

7   
7. Extra - create a leaf picture or pattern



leaf



leaves



leaf



leaves



leaf



leaves