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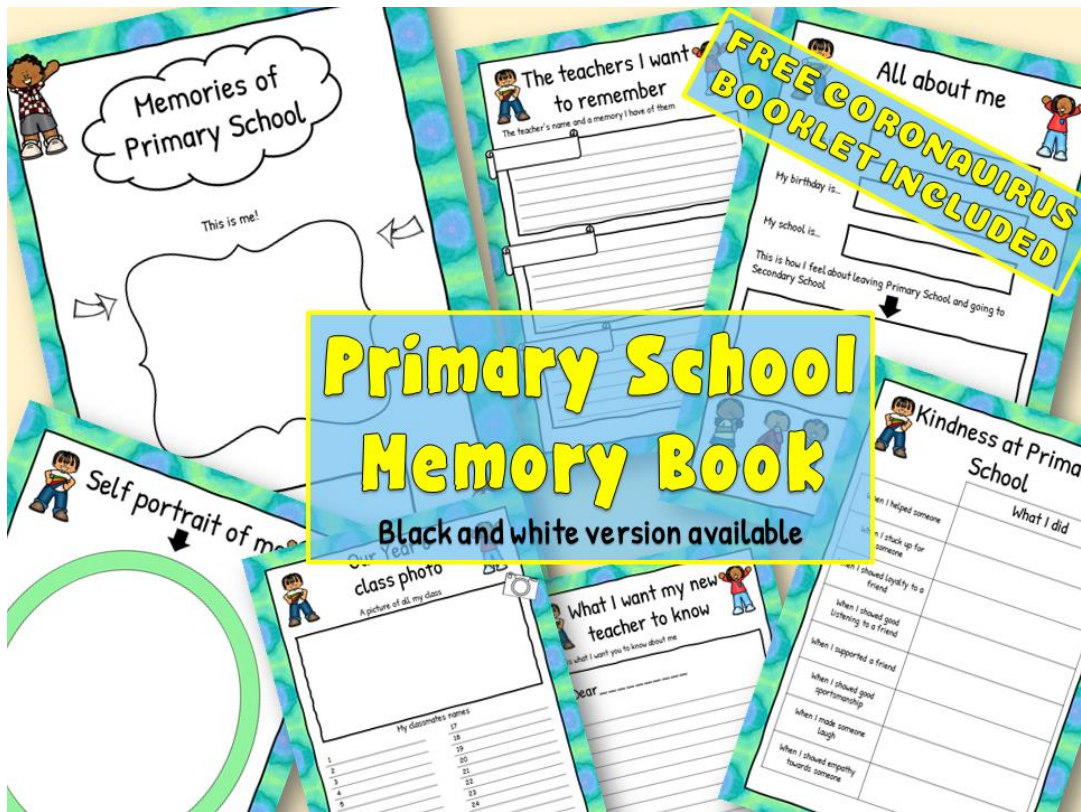




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# WELLBEING SHIELD

Choose 5 characteristics or strengths that you have and write them here

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Now decorate the shield to show those characteristics. These characteristics will defend your wellbeing. You can write your name or draw yourself in the star

