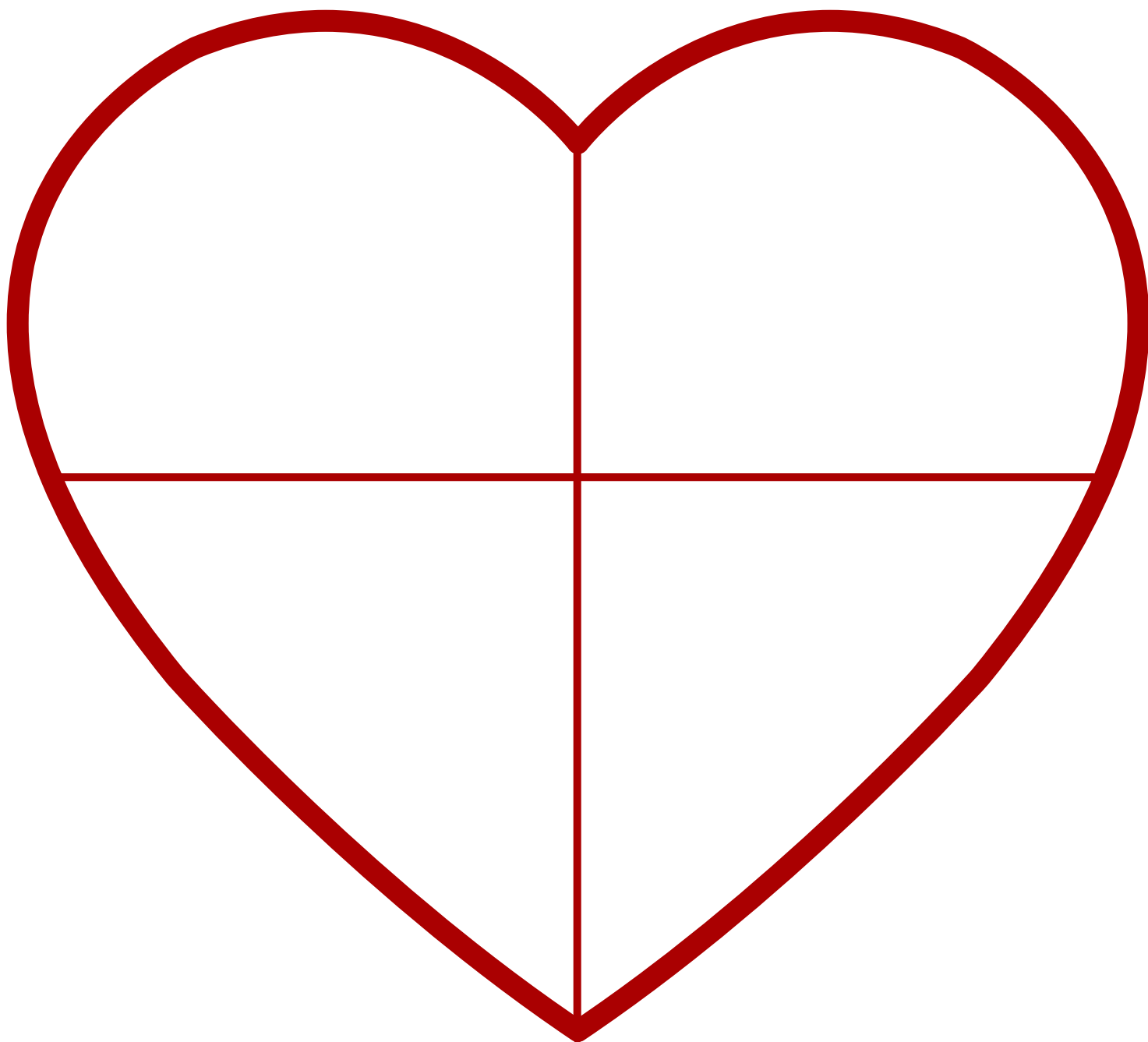


# MONDAY'S CHALLENGE





**Task:** In the heart, can you draw or write the name of 4 different things that you love? This could be a favourite sporting activity, food or person - try and make them as colourful as possible.

**Challenge:** Share and talk about these 4 things with someone. Ask and talk about what they love.



## #MentalHealthAwareness #LetsTalk

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