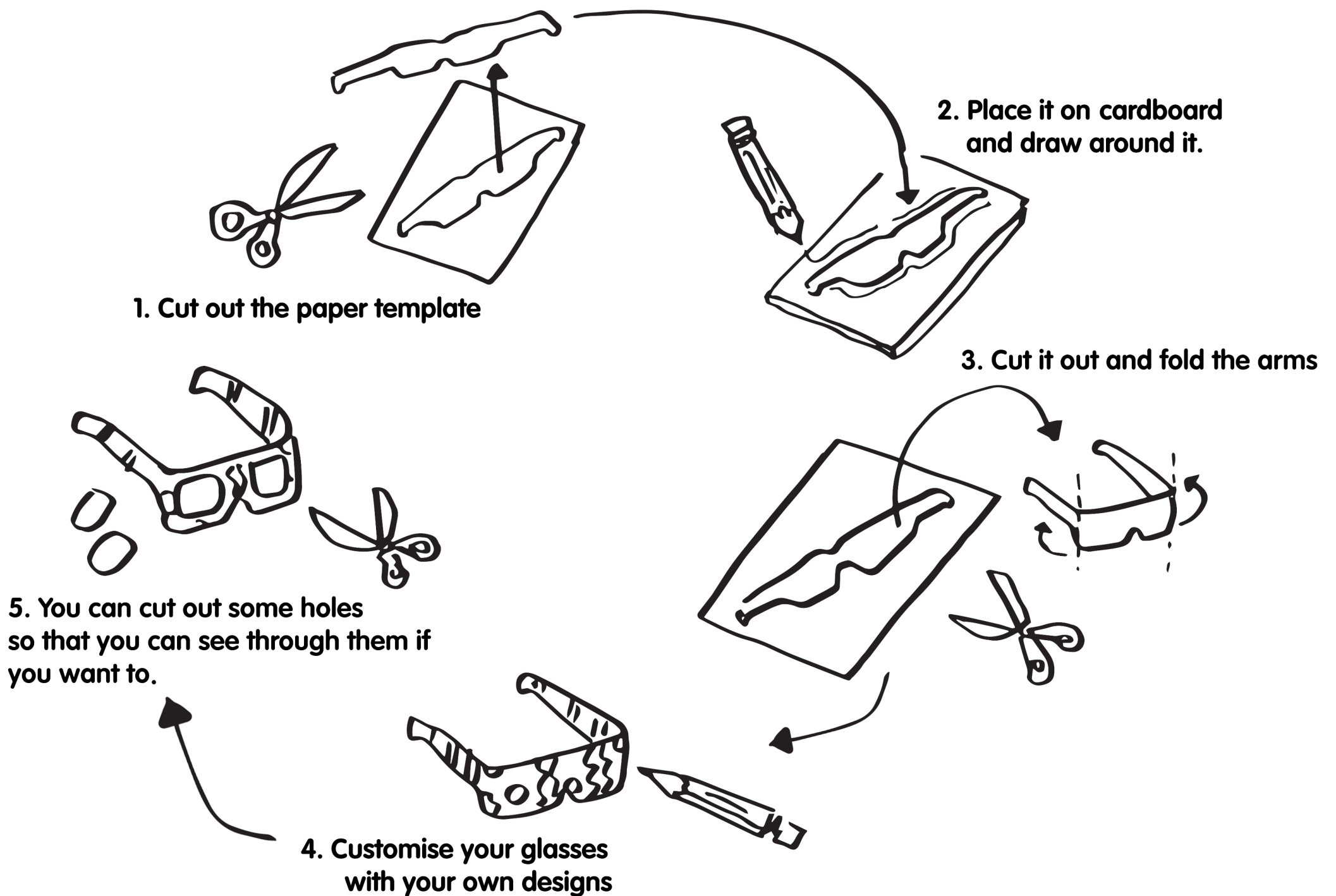
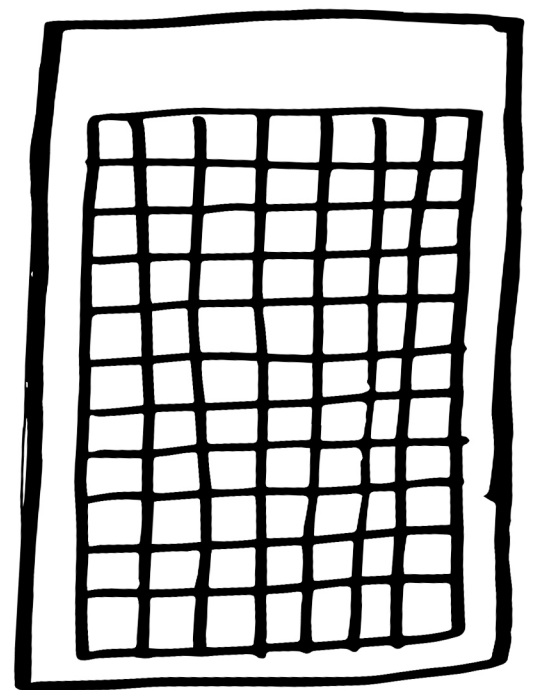
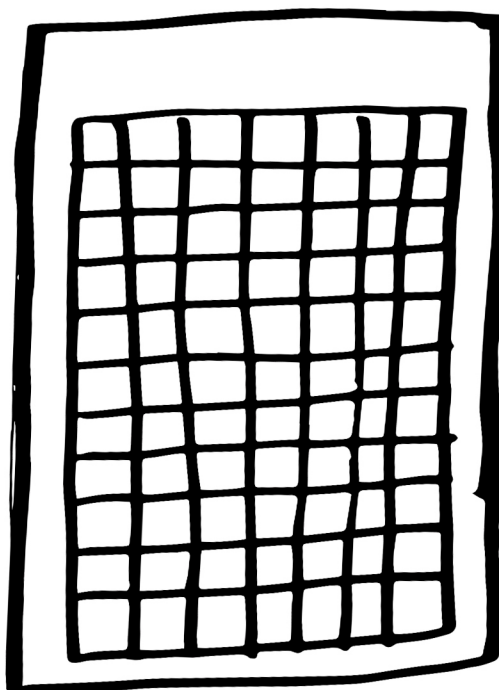
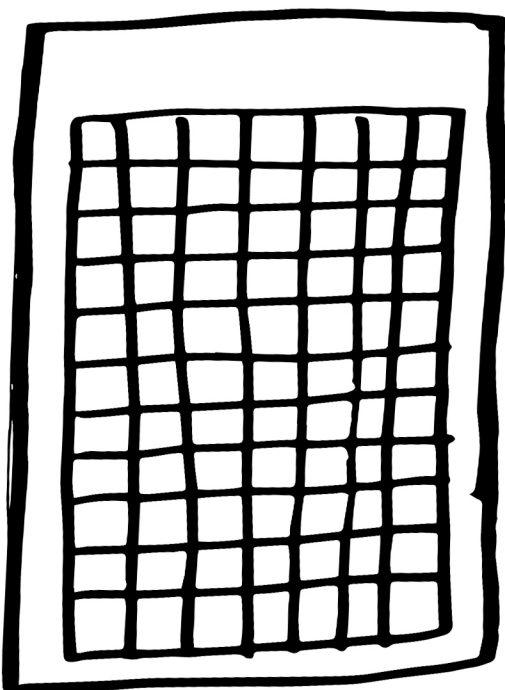


# CREATE YOUR OWN GLASSES



# MAKE SOME PIXEL ART!

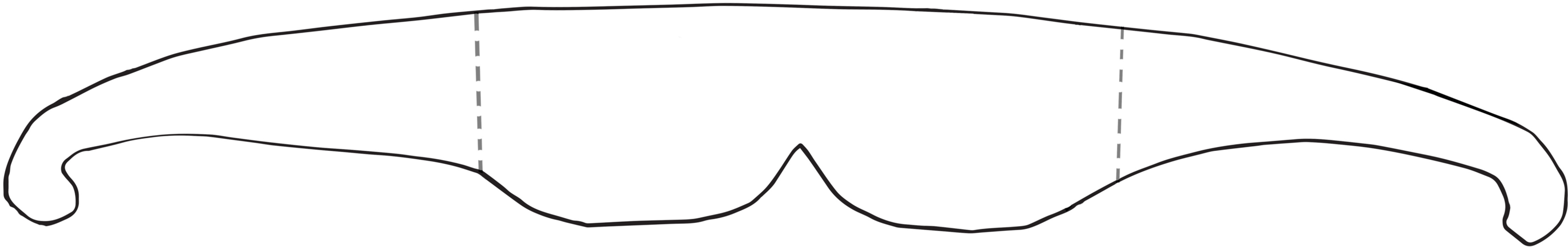
You can make pixel art by colouring-in squares on the grids in your pack to make pictures.



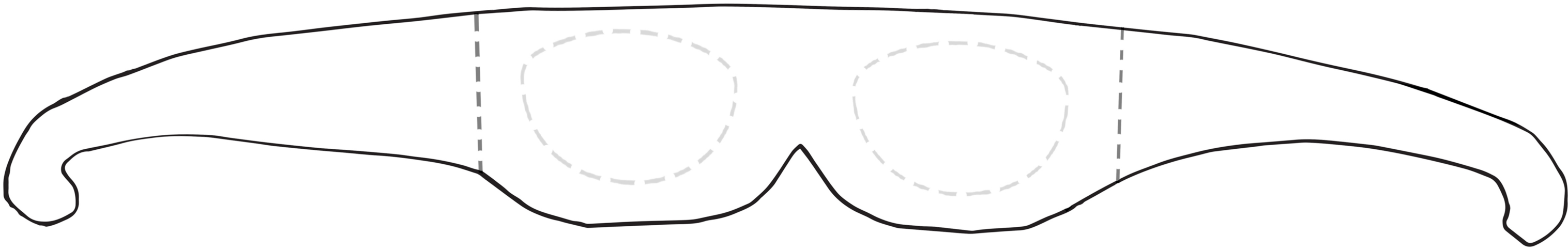
1. Make a pixel portrait of yourself or someone important to you.

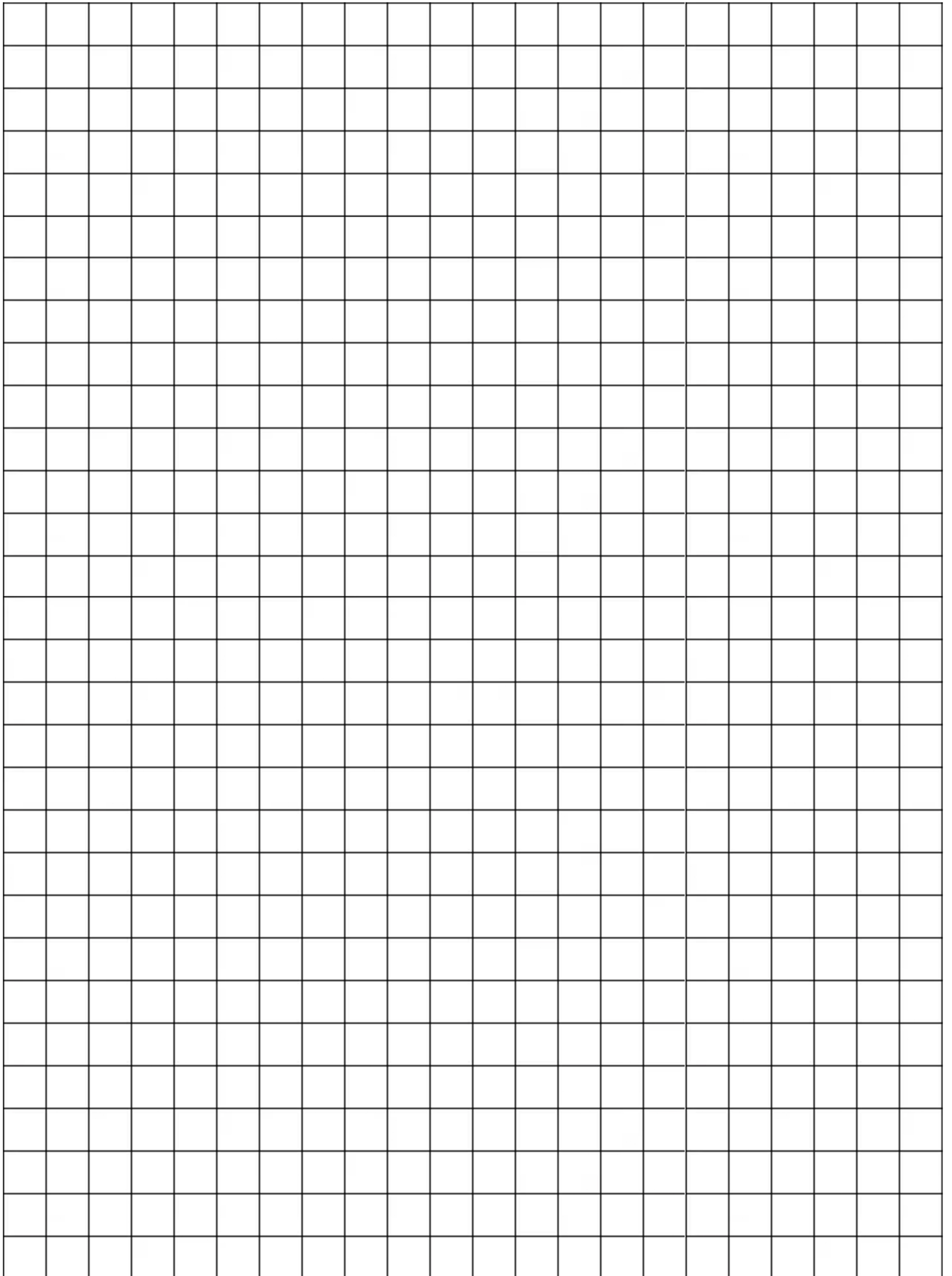
2. Make a lovely pixel pattern.

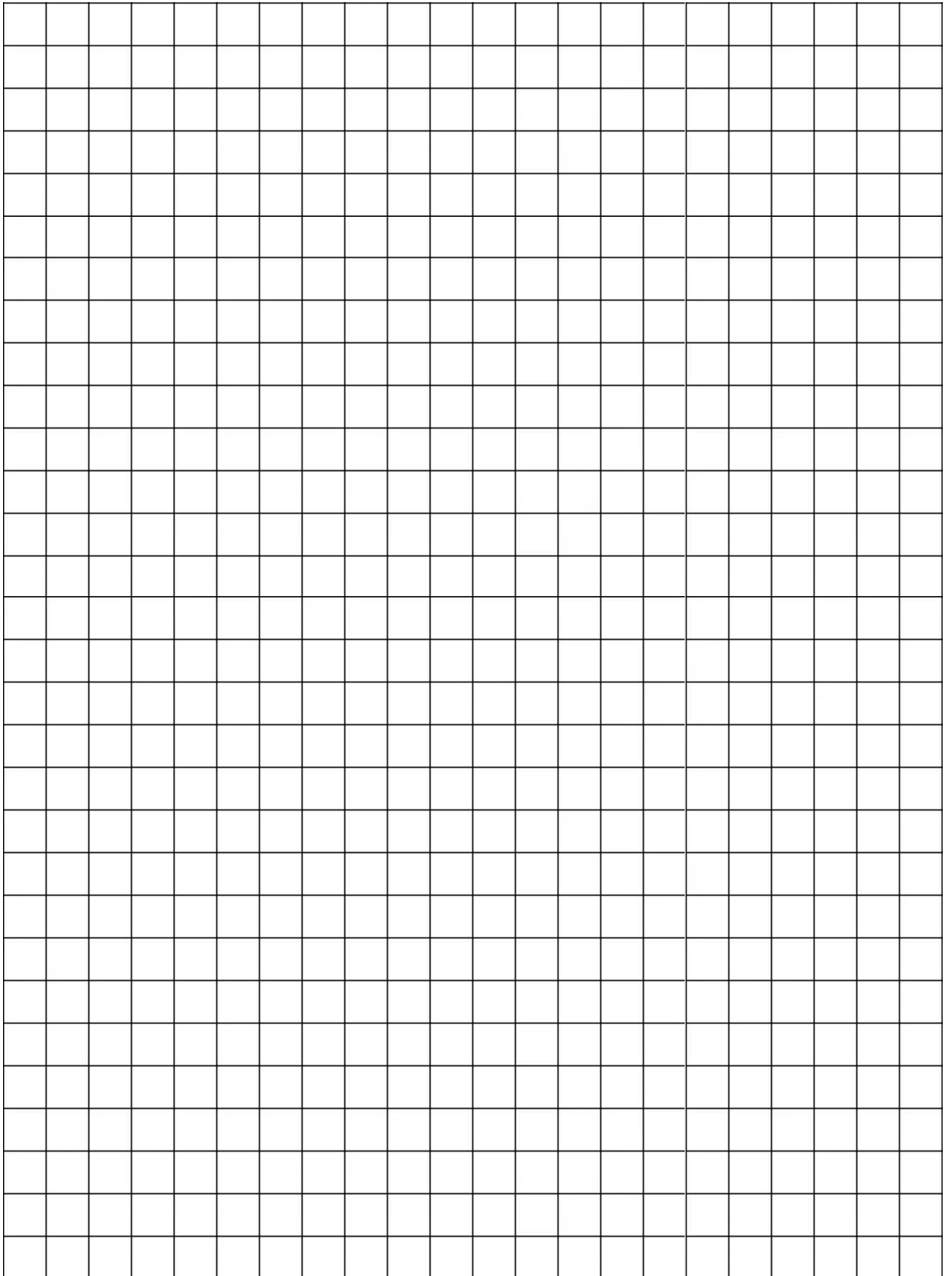
3. What does the world look like when you wear your glasses? Draw a scene on a pixel grid

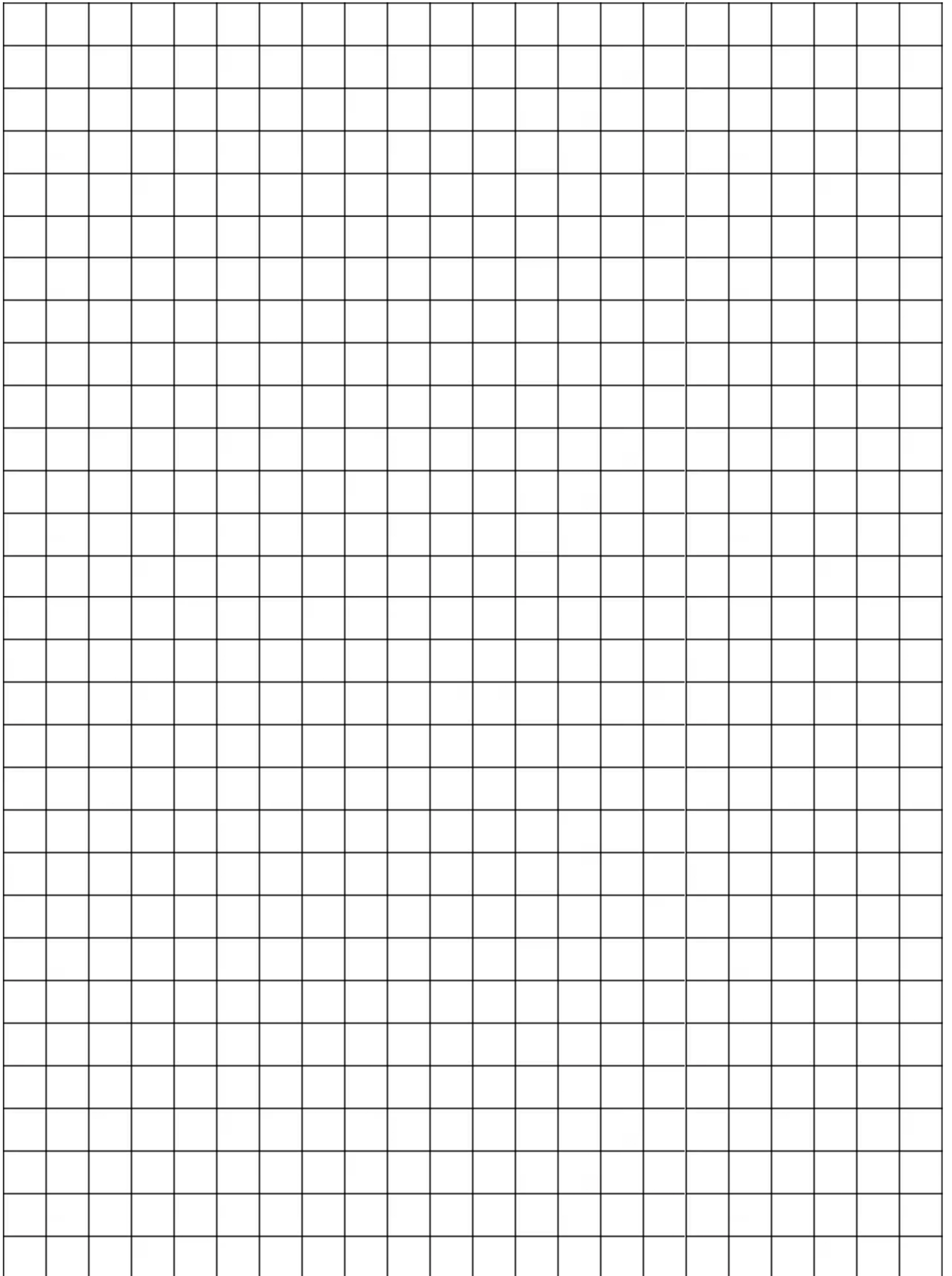


**Glasses  
Templates.**









# The Daily

(Your name goes here)

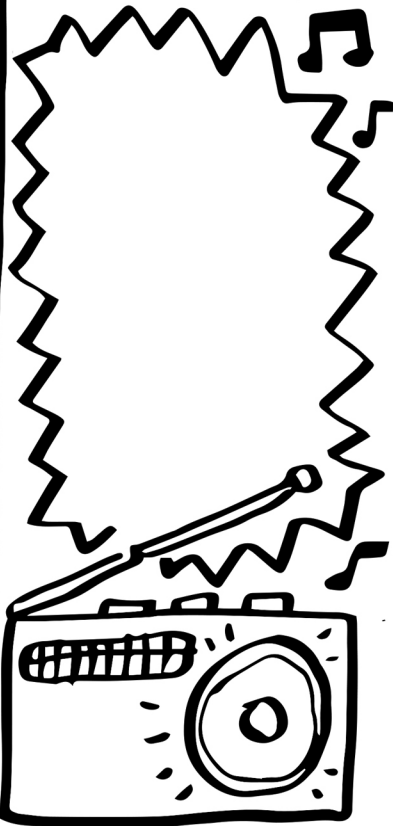
DAY \_\_\_\_\_

DATE \_\_\_\_\_

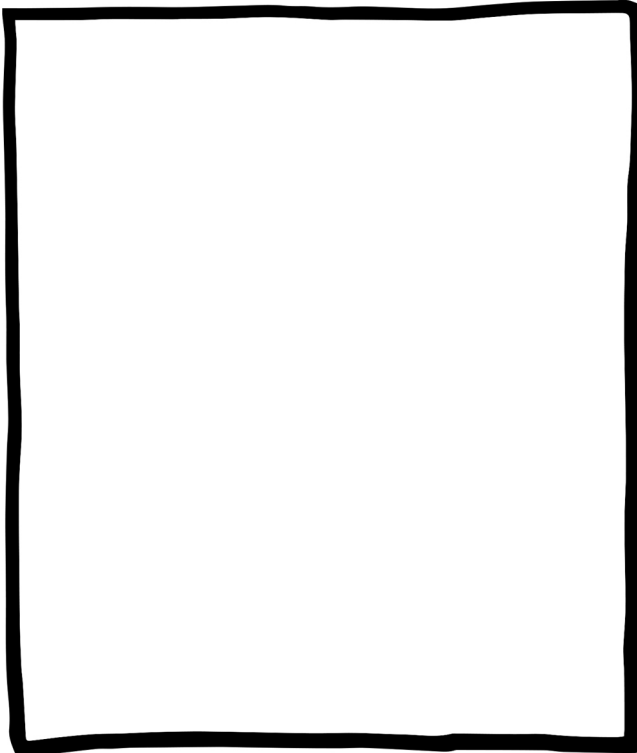


How I'm feeling today

(Draw an Emoji face in the circles e.g 😞)



(write down a song that got you through the day)



Draw or write something you've done today



Questions You Have

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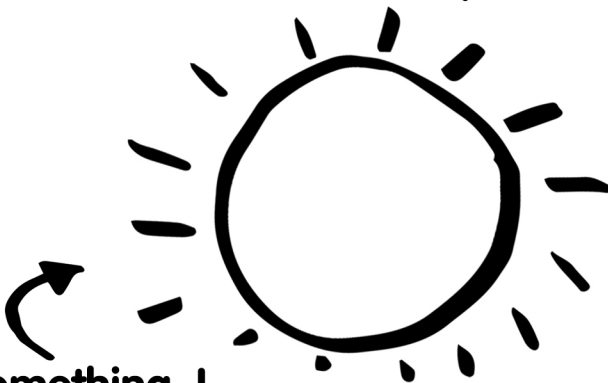
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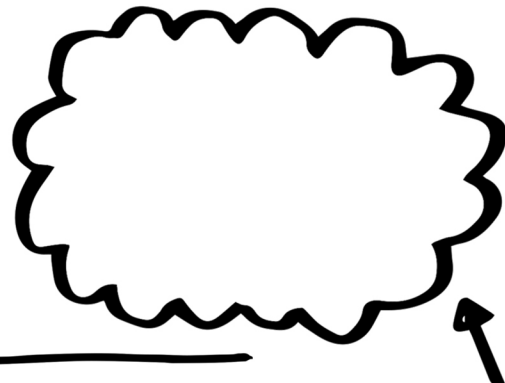
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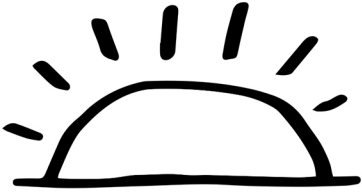
Something I Feel Positive About



Something I'm worried about

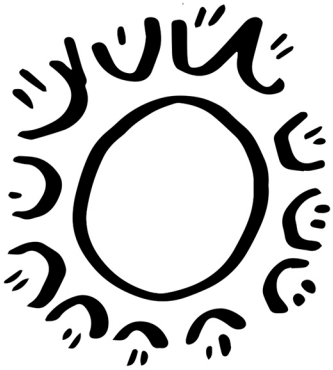
# PLANNER

Breakfast



Morning

Lunch



Afternoon

Dinner



Evening