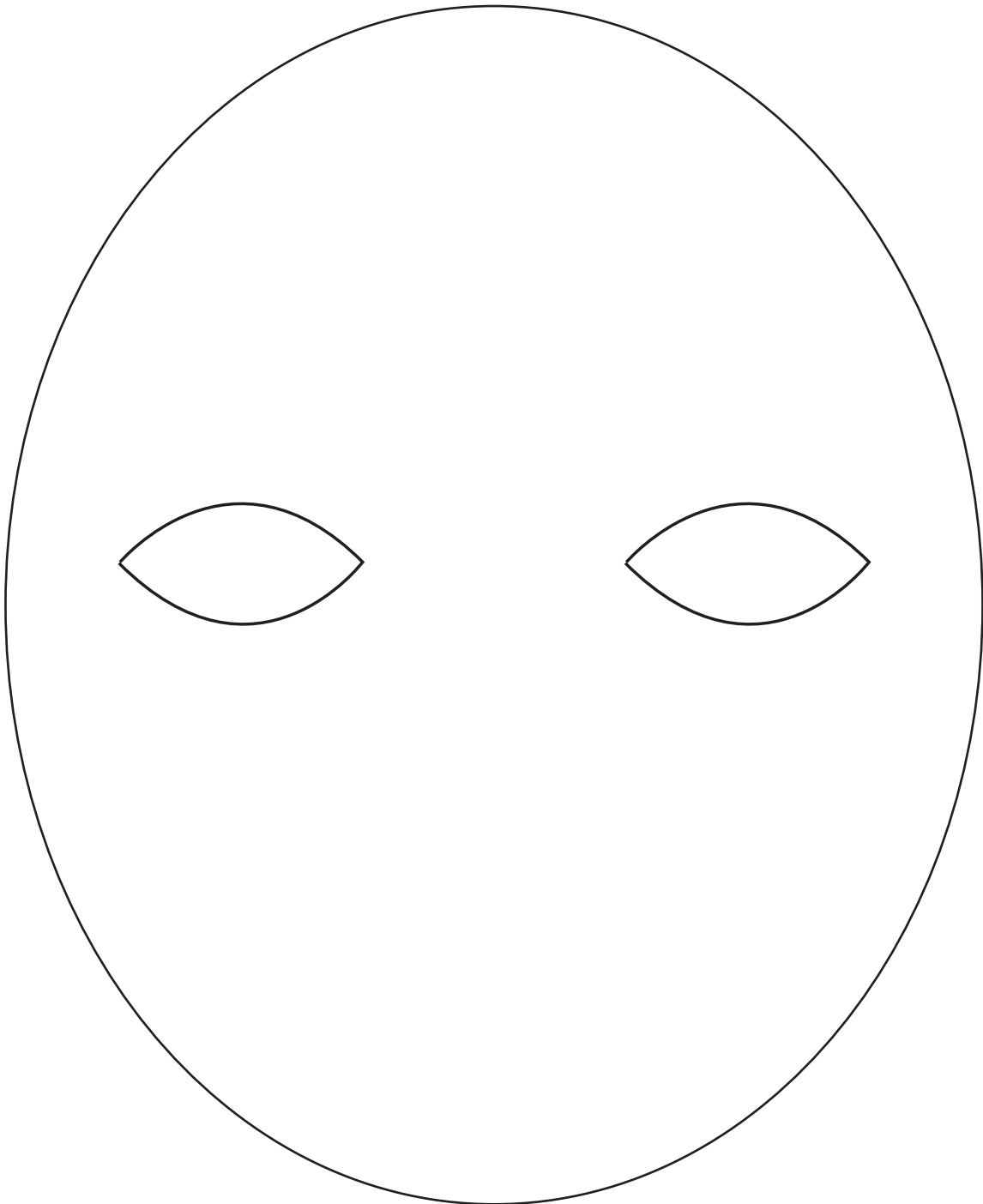




YOUR TRUE COLOURS

Design a mask below that is all to do with your true self.
It can be a range of different doodles and words that represent you.
Unleash the REAL you!



YOU COULD INCLUDE...

YOUR HYPERFOCUS ☆ YOUR LIKES / DISLIKES ☆ YOUR HOBBIES ☆ YOUR ANGER TRIGGER ☆ YOUR STRENGTHS / AREAS TO IMPROVE ☆ YOUR MAIN STRESS RESPONSE (FIGHT, FLIGHT OR FREEZE) ☆ YOUR BEST MOVEMENT BREAK ACTIVITY