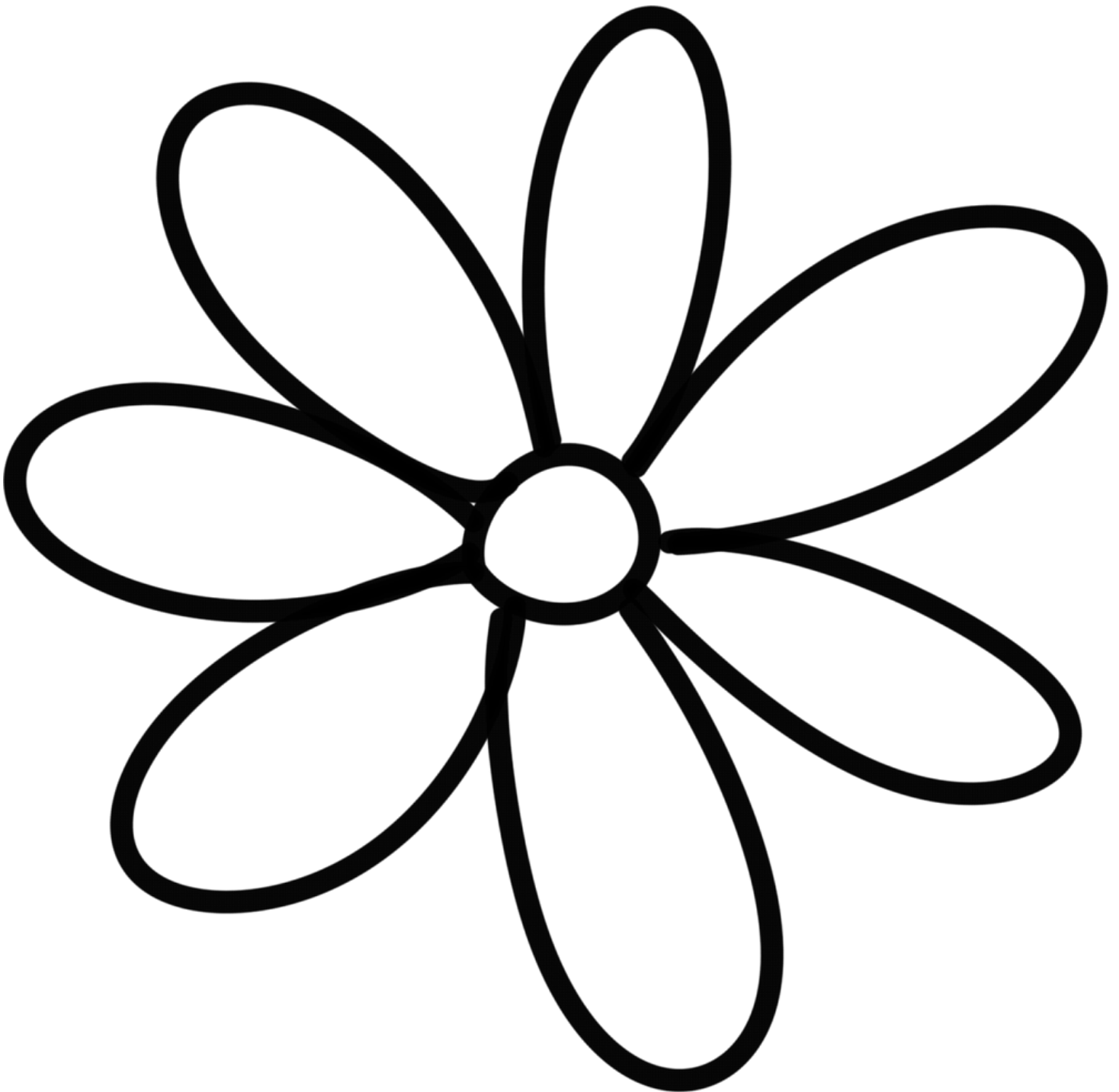


My Flower Anchor?

1. Watch the 'Where is my Flower Anchor' video
2. My staff will show me a range of colouring pencils. Now choose a colour for my flower anchor and colour in my flower anchor with my chosen colour that represents SAFETY for me.
3. Lets go to page '**Where is my flower anchor**'



Where is My Flower Anchor?

1. Watch the 'Flower Anchor' video
2. My staff will show me my coloured in flower anchor.
3. Lets go outside a walk and find a flower petal the same colour as my anchor
4. Practice the 'flower anchor practice' from the video. Use glue and stick the petal to the body below where I feel my anchor the most
5. Do this Monday, Tuesday, Wednesday, Thursday and Friday choosing a new petal each day that is the the same colour as my chosen SAFETY colour. Write the day beside each area of the body where I stick the daily flower petal

