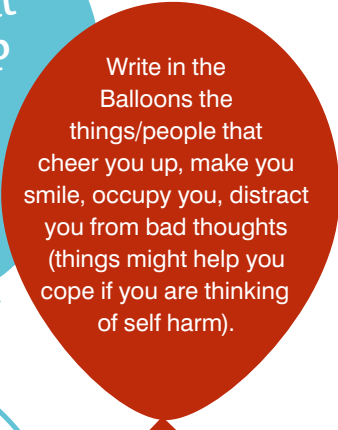


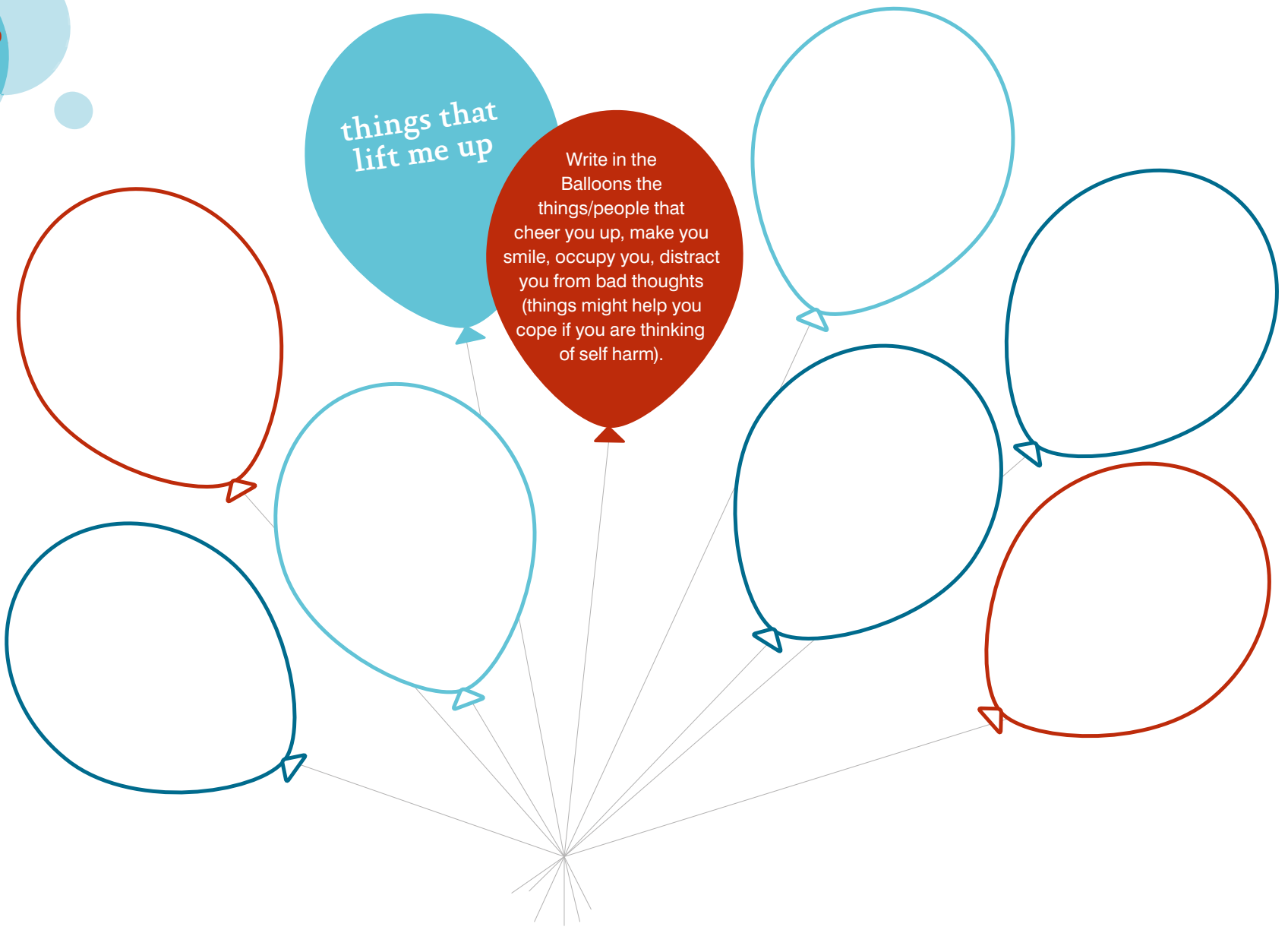
lift me up



things that lift me up



Write in the Balloons the things/people that cheer you up, make you smile, occupy you, distract you from bad thoughts (things might help you cope if you are thinking of self harm).



penumbra

Name \_\_\_\_\_ Date \_\_\_\_\_