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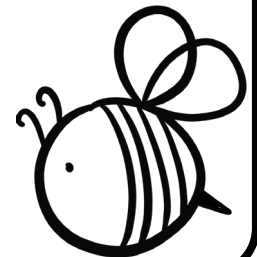
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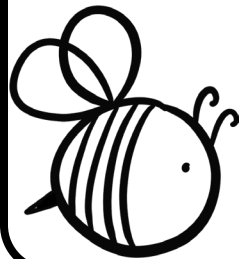
ELSA Wellbeing Calendar 2023
12 x A3 Posters to display with a monthly focus and lots of room to write important dates

2023 JOYFUL JANUARY
Joyful definition: Feeling very happy
I feel Joyful
It's my birthday!
Monthly focus: Find ways of being joyful

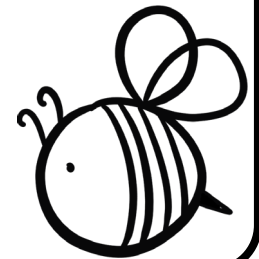
2023 OPTIMISTIC OCTOBER
Optimistic definition: To feel or be hopeful
I feel optimistic about getting chosen for the football team
Monthly focus: To find ways of being optimistic

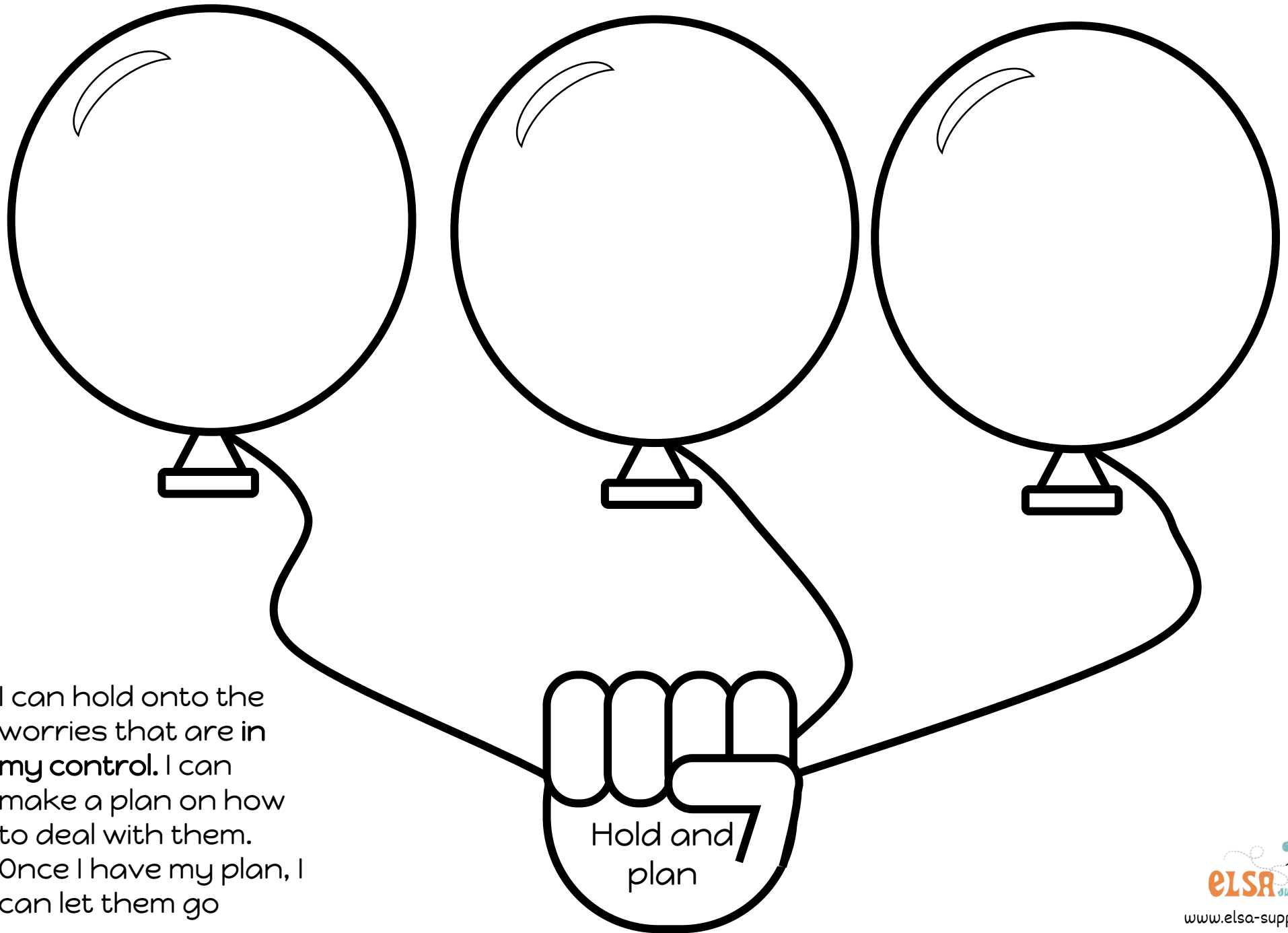
2023 SERENE SEPTEMBER
Serene definition: To be relaxed, tranquil
I can find ways to feel relaxed
Monthly focus: To find ways to relax

2023 NURTURING NOVEMBER
Nurturing definition: To protect or care for someone or something
I am so sad
Let me help you and take care of you
Monthly focus: To find ways of being more caring



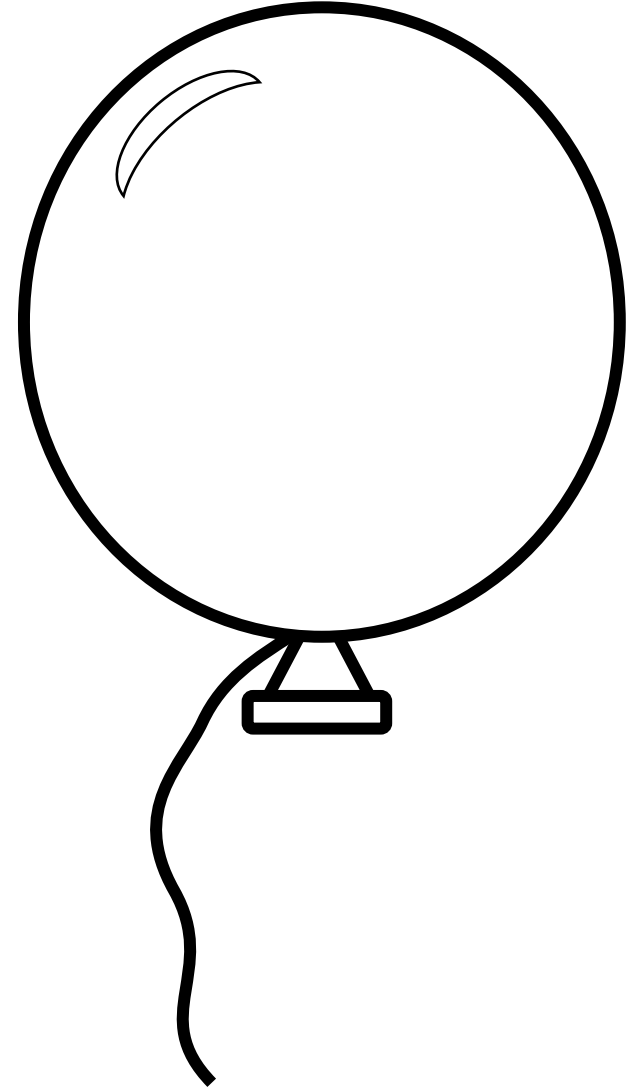
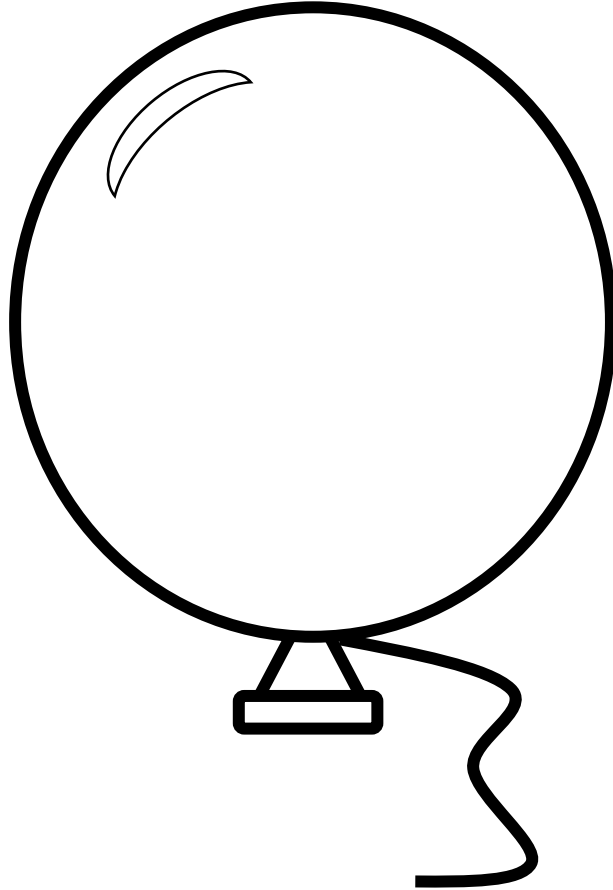
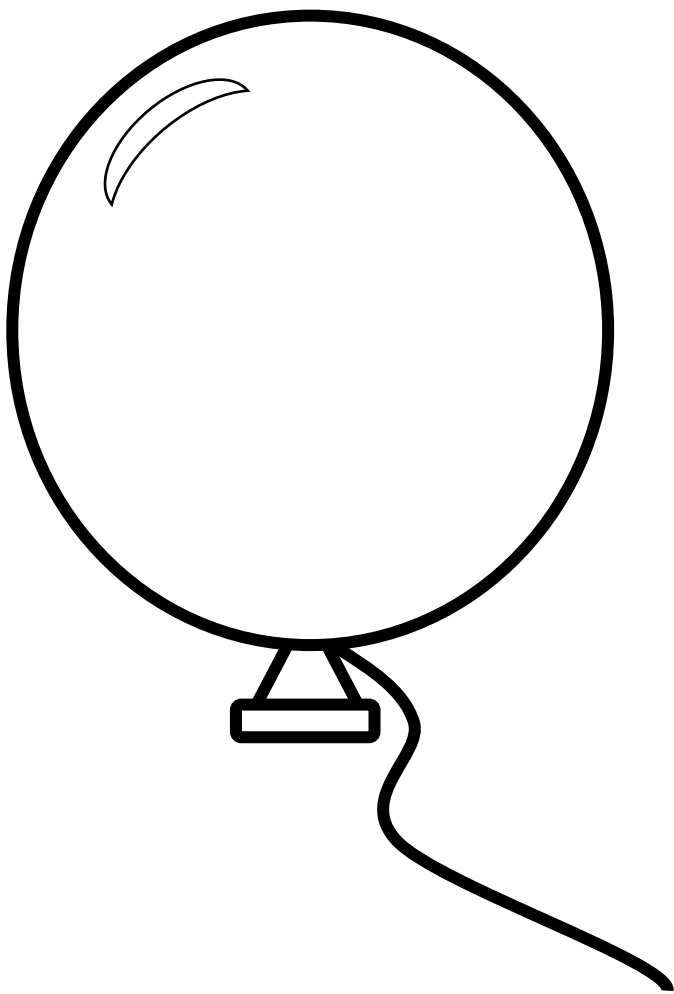
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I can hold onto the worries that are in **my control**. I can make a plan on how to deal with them. Once I have my plan, I can let them go

Hold and
plan



I can let go of the
worries that are NOT
in my control.

