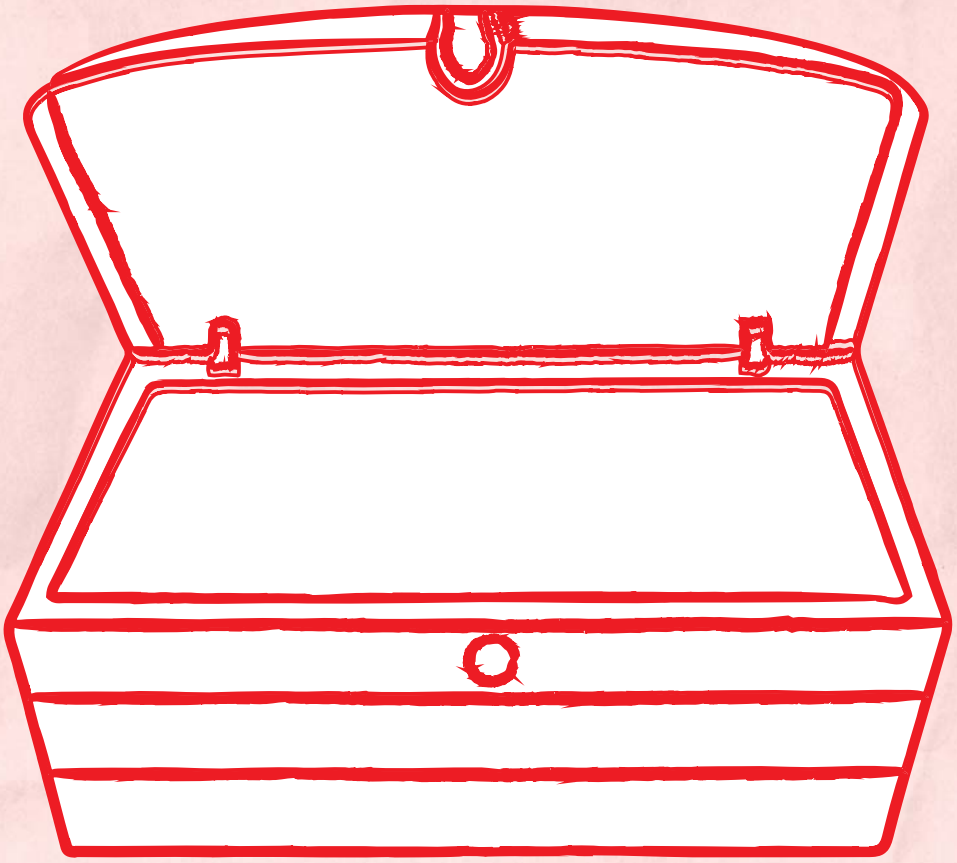
The Treasure Box

This is your own very special Treasure Box.



Draw all the special things that you'd like to put in it (your Mum's smile, your Dad's laugh, your sister's giggle, your favourite holiday photo, your favourite quiet place, your favourite place to eat, your best happy memory, your favourite flavour ice cream, someone who is very special to you, your favourite birthday or Christmas present, a time when you've done something you're very proud of, your favourite band or song - put in special memories, places, and people.

Now image picking up this wonderful treasure box full of memories, laughter, & confidence and imagine giving it as a gift to yourself.

Put this special Treasure Box into your heart as a present to yourself and release its magic. Let all the lovely thoughts and feelings surround you with confidence

When you feel a bit scared or not very confident imagine picking up your Treasure Box and looking and listening to all the wonderful things inside - and smile.