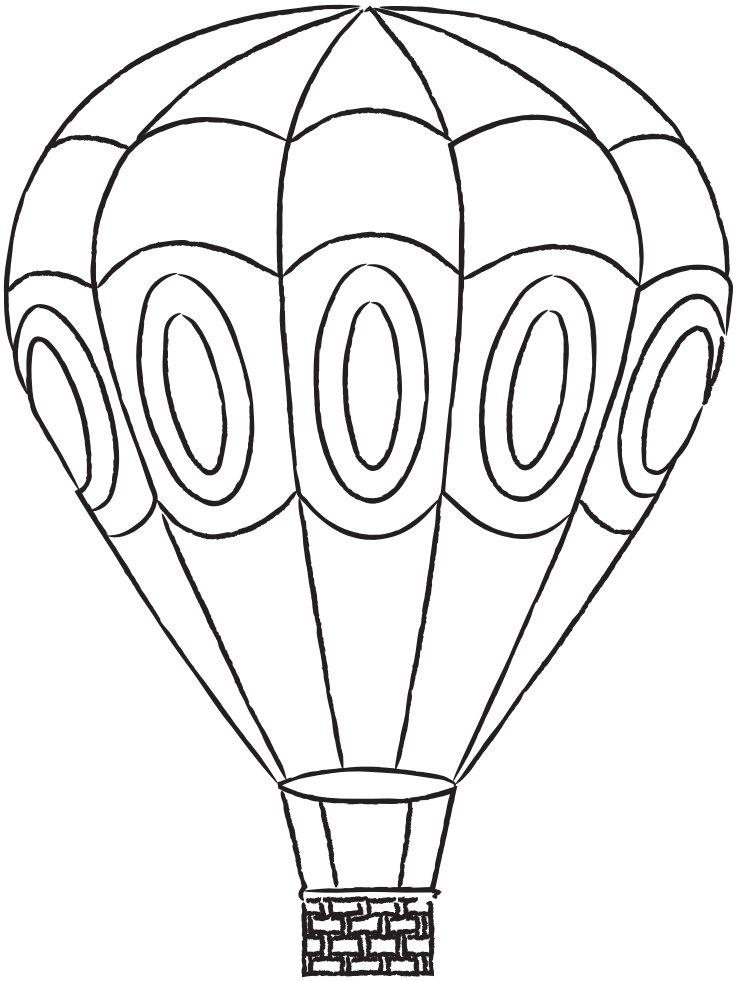
The Hot Air Balloon

Imagine you spot a colourful hot air balloon floating high above you in the sky.

It comes gently towards you and has a sign that says 'Put all your worries, bad dreams and fears in here.'
So you take your time and put in all the things that hold you back from feeling brave and trying new things, or asking new questions or having a go. You put in all the nasty things people have said to you, or the scary things you say to yourself and you watch it rise, higher and higher into the blue sky taking all your worries away.

Draw your colourful hot air balloon here and write in all the things you want it to take away from inside you.