

Unworry Island

Your PSHE challenge this week is to create your very own Unworry Island. This is a place just for you, which you can visit whenever you have worries, especially at bedtime if worries stop you from sleeping. Unworry Island will help you to relax and smile. The pictures below are to help you to think of ideas for your island. Remember, this is YOUR island so you can have anything you want there - the only thing banned is worries! Happy drawing and relaxing!

