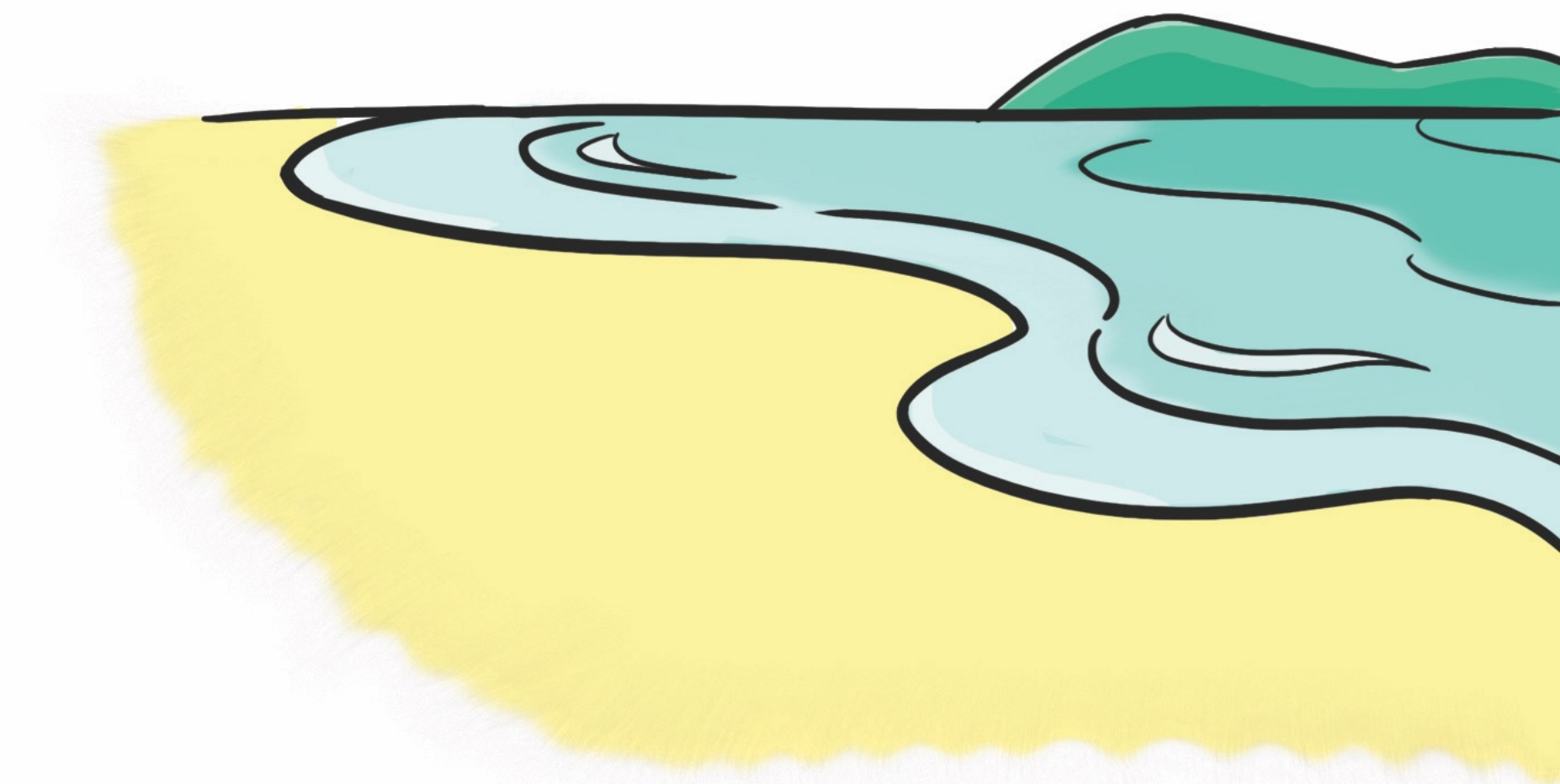


# Activities to do when you are sad...

Write a message about what you are feeling. Place it inside this bottle and imagine sending it away at the sea...



light@uch

lightouch.ca