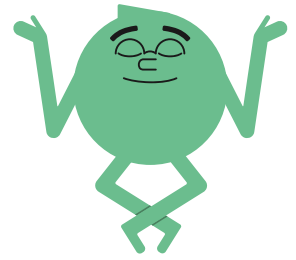


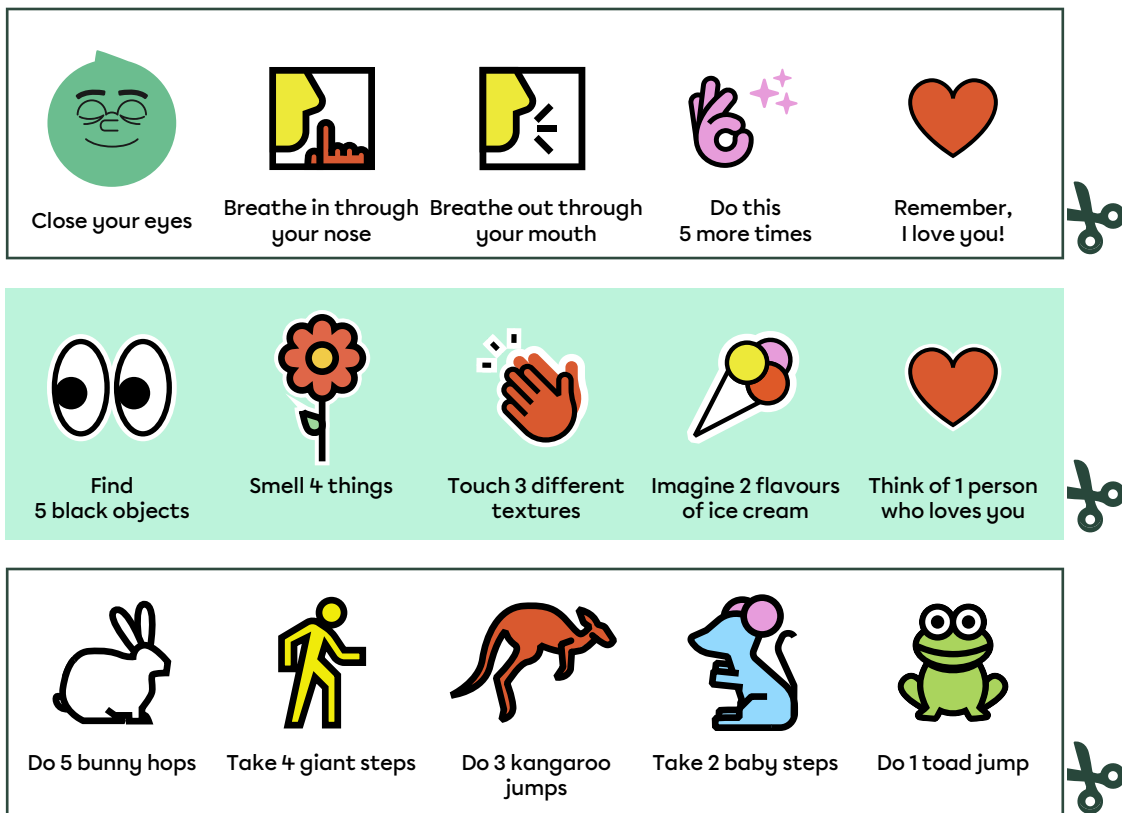
Magic anti-stress bracelets



When stress rears its ugly head, it's not always easy to find your centre again. Fortunately, we've got just the trick to help: three calming spells just for you!

Directions:

1. Take an empty toilet paper roll and cut it lengthwise (from end to end).
2. Next, cut the tube into three equal parts to make three bracelets.
3. Print the magic spells and cut them out.
4. Glue one spell on each bracelet.
5. When you start to feel stressed, follow the steps on your magic bracelets.



You can also come up with your own stress-coping strategies. Turn them into magic bracelets and give them to the people you love!