

Three Islands activity

Using the Islands illustrated do the following:

- On island number 1 draw or list things that you love to do
- On island number 2 draw or list things you don't mind doing sometimes
- On Island Number 3 list things you cannot bear to do. You could draw sharks, wires or other things that block you around the island.

On the bridge write or draw a way to turn something you cannot bear to do into something you do not mind doing sometimes.

Example: I can't bear doing my homework could become I don't mind doing my homework if I take a break half way through.

