

Art Club is on in school every Thursday at 3.30pm

- It is in the Art room.
- It is okay to feel nervous about going the first time.
- Everybody feels nervous when they try something new.

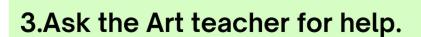
When I feel nervous I will:-

1. Take three deep breaths.



125

2.Count to ten.



 Mum will collect me after Art Club from the front door of the school.