

To all my friends

How are you all feeling today?

I want to say a HUGE thank you to you all. I was really thrilled to get your letters and pictures. They really helped me to learn new ways to calm down.

I did not know that yoga could be so fun and relaxing. I loved it so much that I showed my friends how to do it. We've now decided to do some yoga every morning to help us feel relaxed, before starting the day. Perhaps you could do that too.

Have a relaxing day!



The Colour Monster

xxx

