

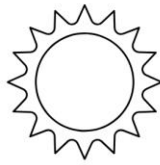


I am loved



AproDerm® supporting  
Childrens' Mental Health Week

**Itchii**



My skin is  
special



AproDerm® supporting  
Childrens' Mental Health Week

**Eczi**

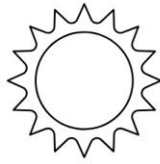


I am strong

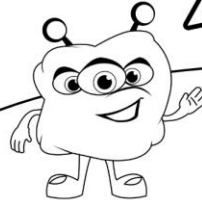


AproDerm® supporting  
Childrens' Mental Health Week

**Captain Apro**



I always try  
my best



AproDerm® supporting  
Childrens' Mental Health Week

**Dermo**



Emollients  
are fun  
to use

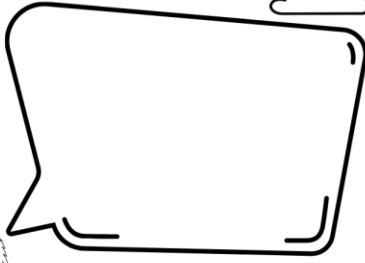


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Childrens' Mental Health Week

**Emolli**

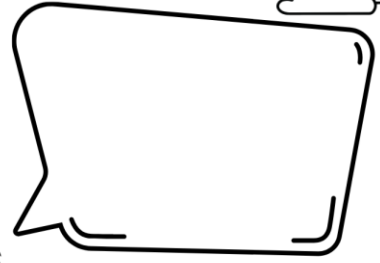
**Instructions:**

1. Use your favourite tools to add some colour to your affirmations
2. With an adult, use scissors to cut around the dotted lines
3. If you want, you can laminate the affirmations to make them last longer!
4. Use blu tack to put the affirmations around your house to remind yourself how amazing you are
5. Repeat the affirmations daily



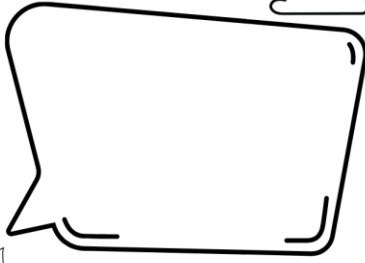
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**Itchii**



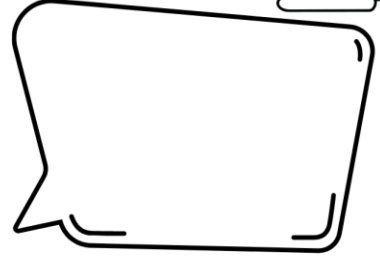
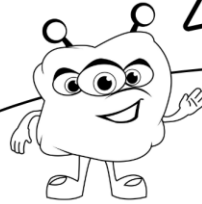
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**Eczii**



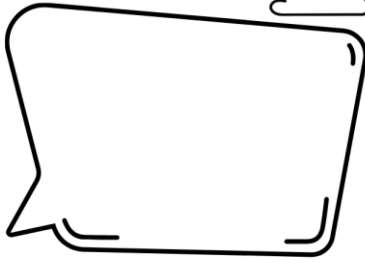
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Childrens' Mental Health Week

**Captain Apro**



AproDerm® supporting  
Childrens' Mental Health Week

**Dermo**



AproDerm® supporting  
Childrens' Mental Health Week

**Emolli**

**Instructions:**

1. Write out your own affirmations in the speech bubbles and use your favourite tools to add some colour to your affirmations
2. With an adult, use scissors to cut around the dotted lines
3. If you want, you can laminate the affirmations to make them last longer!
4. Use blu tack to put the affirmations around your house to remind yourself how amazing you are
5. Repeat the affirmations daily