

Hi _____ (4-8)

I drew this picture of me and the uniform I wear.

If you don't have access to colour pencils, write down what colours you're wearing.

The clothes I wear in here remind me of wearing a school uniform as it's comfortable to wear and warm.

Share with your child a funny story about the new clothes you wear & what you miss wearing on the outside.

I'm still getting use to being in here, and I'm doing my best to adjust.

Share a funny story about the noises like snoring, farting & music at night! Keep it real, but not negative. The goal is to reassure your child.

These are my goals for the next week:

Think & pray for you every-day, keep myself positive, write in my diary every day. Try to eat healthily & get some exercise, Find a good book to read...

I Love you Always



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Have you ever seen a cat or dog fart? When it happens they sometimes get a fright! & start looking for the source of the noise!

Can you draw your mum or dad a funny picture of a cat or dog farting?



Oh my goodness - how loud would an elephants fart sound??



KABOOM!!!!