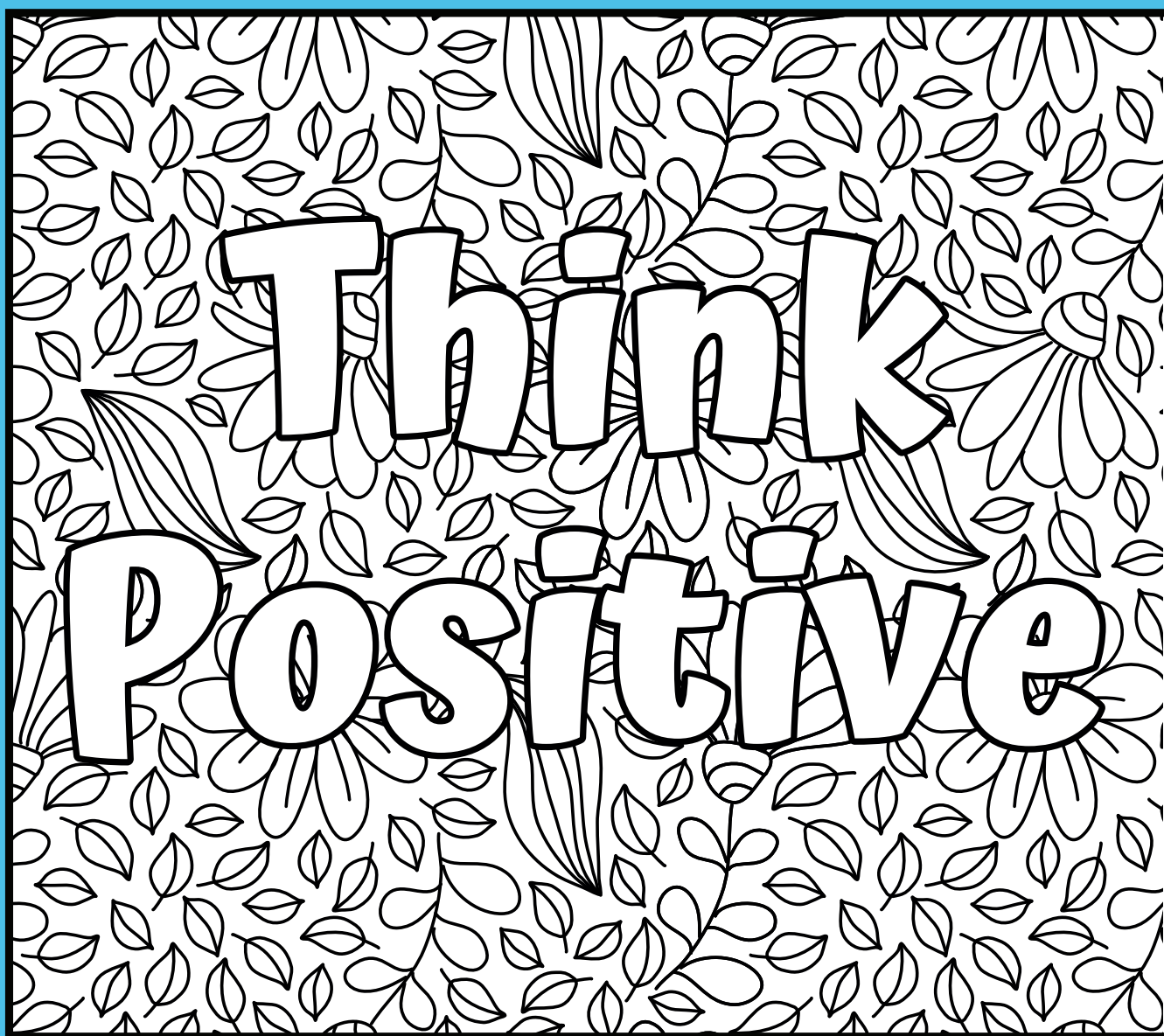


COLOURING CORNER

STRESS AWARENESS WEEK COLOURING

If you've ever been through a really hard time, then you might have felt really worried. This feeling has a name – stress. On Monday (3 November), International Stress Awareness Week begins. This is a week all about encouraging people to talk about feeling stressed! For people who are creative, one of the ways that they might deal with feeling stressed is by doing an activity like colouring, so why not celebrate this special week by adding a splash of colour to the design below? If you'd like to share your artwork with other readers, email your colouring to: kidsalive@salvationarmy.org.uk. Make sure you write 'Stress Awareness Week Colouring' in the subject box and give us your full name, age and address. Alternatively, you can post your colouring to: Your Space, *Kids Alive!* 1 Champion Park, London SE5 8FJ.

One last reminder, if you're sending by post remember to fill in the details below so we know who you are. We send a gift to everyone whose colouring we publish, so don't miss out!



Name:

Age:

Address:

Postcode: