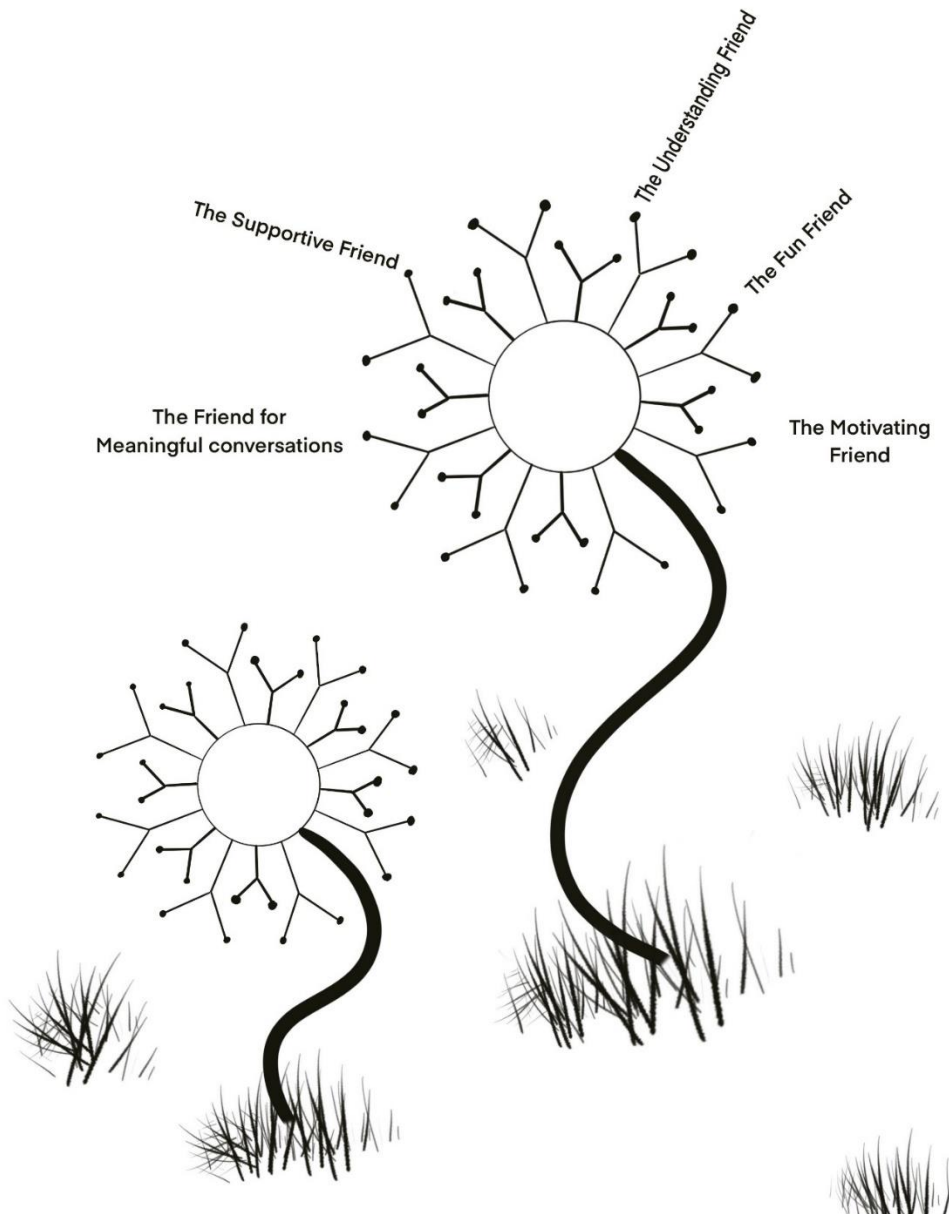


Let's build a support system today! Add your name to the centre of both dandelions. Add an activity at the tip of one dandelion and a friend whom you can do the activity with at the other end. I've added a list of prompts for one. Add what and who feels right for you- it can be fun and adventurous, include all your favourite things. Take your time filling this one.



If you haven't yet found people for this list, take your time to find people who share common interests with you.