

CALM YOUR MIND AND SLEEP



GETTING ENOUGH SLEEP EACH NIGHT WILL IMPROVE YOUR MENTAL HEALTH AND WELLBEING BY MAKING YOU FEEL RESTED AND READY FOR THE DAY!



DRAW A RELAXING PICTURE THAT MAKES YOU FEEL SLEEPY.

A large empty rectangular box with a black border, intended for drawing a relaxing picture.

TRY PICTURING THIS IMAGE TO HELP YOU FALL ASLEEP TONIGHT.