

challenge
week
10 JUNE
2019



You're Not Alone

Do...

Do you know someone who might be feeling down or a bit lonely? This week's challenge is to make them a card to let them know you're thinking of them.

Think...

What word or image would this person appreciate? Keep your message warm and positive. Do you like it when you receive words of friendship and support?

Share...

Respecting confidentiality, share what you feel is appropriate about your card with others. Send your card off, knowing that you have made a difference.