



Throughout this school year, Thrival Kits has helped you and your classroom find ways to protect and promote your mental health. Draw, colour, write an activity you practice when you feel stressed.

When your students masterpieces are complete, scan it and send it to: [info@thrivalkits.ca](mailto:info@thrivalkits.ca)

These works of art will be displayed on our Thrival Kits website. We are excited to see the thousands of pictures as unique portraits of THRIVING!

All submissions will go into a draw, and 5 lucky winners will receive a gift card to Subway! Thanks for participating!

The School Division with the most submissions will be highlighted and will win the bragging right for 2023!

Here are a few examples of what it could look like:

Write something – draw a picture

Draw a picture and underneath it describe a few feelings

Draw a picture of a Thrival kit and underneath it – I want to Thrive!

