

## Mental Elf

our school is taking part

our challenge activity is:

School name:

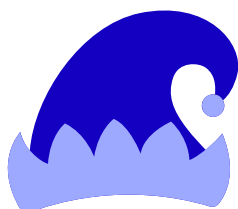
**We are raising  
funds for better  
mental health in  
West Sussex!**

### What is Mental Elf?

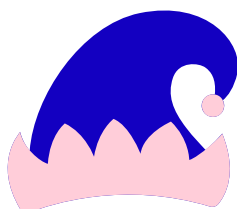
Mental Elf enables young people to experience the importance of building regular exercise into daily and weekly routines and how to achieve this, incorporated in a fun and festive activity!

### Donate £5

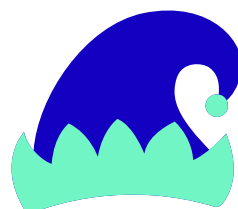
Your donation could provide a young person with a wellbeing booklet with activities, techniques and coping strategies to help them understand and manage their feelings.



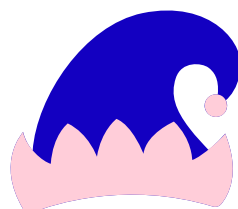
**Boost  
wellbeing for  
pupils and  
staff**



**Bring the  
school  
community  
together**

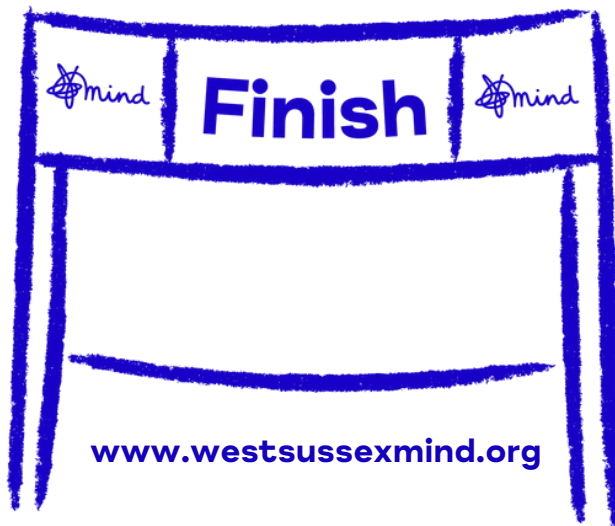


**Help children  
in need  
across our  
community**



**Get pupils  
more active  
through fun  
activities**

**“1 in 5 classroom  
age children now  
experience a  
mental health  
condition.”**



[www.westsussexmind.org](http://www.westsussexmind.org)



## Mental Elf

our club is taking part

our challenge activity is:

Club name:

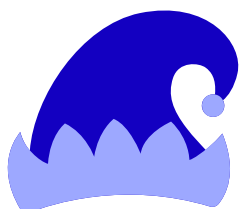
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### What is Mental Elf?

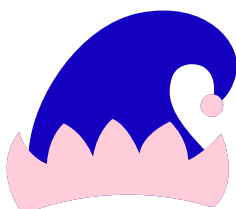
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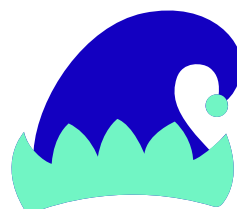
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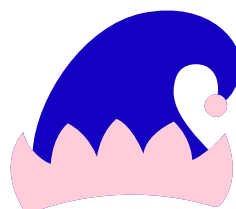
**Boost wellbeing  
for your young  
people &  
leaders?**



**Bring  
together  
your local  
community?**



**Help children  
in need  
across our  
community?**



**Get your  
young people  
more active  
and have fun?**

**“1 in 5 classroom  
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experience a  
mental health  
condition.”**





## Mental Elf

our group is taking part



Group name:

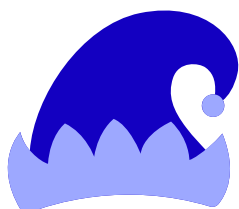
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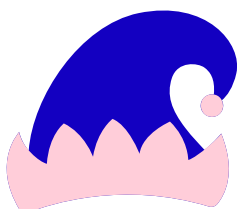
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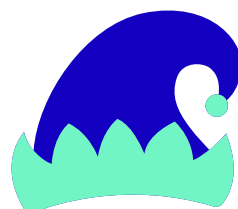
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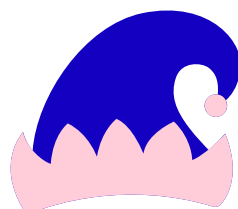
**Boost wellbeing  
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**Bring  
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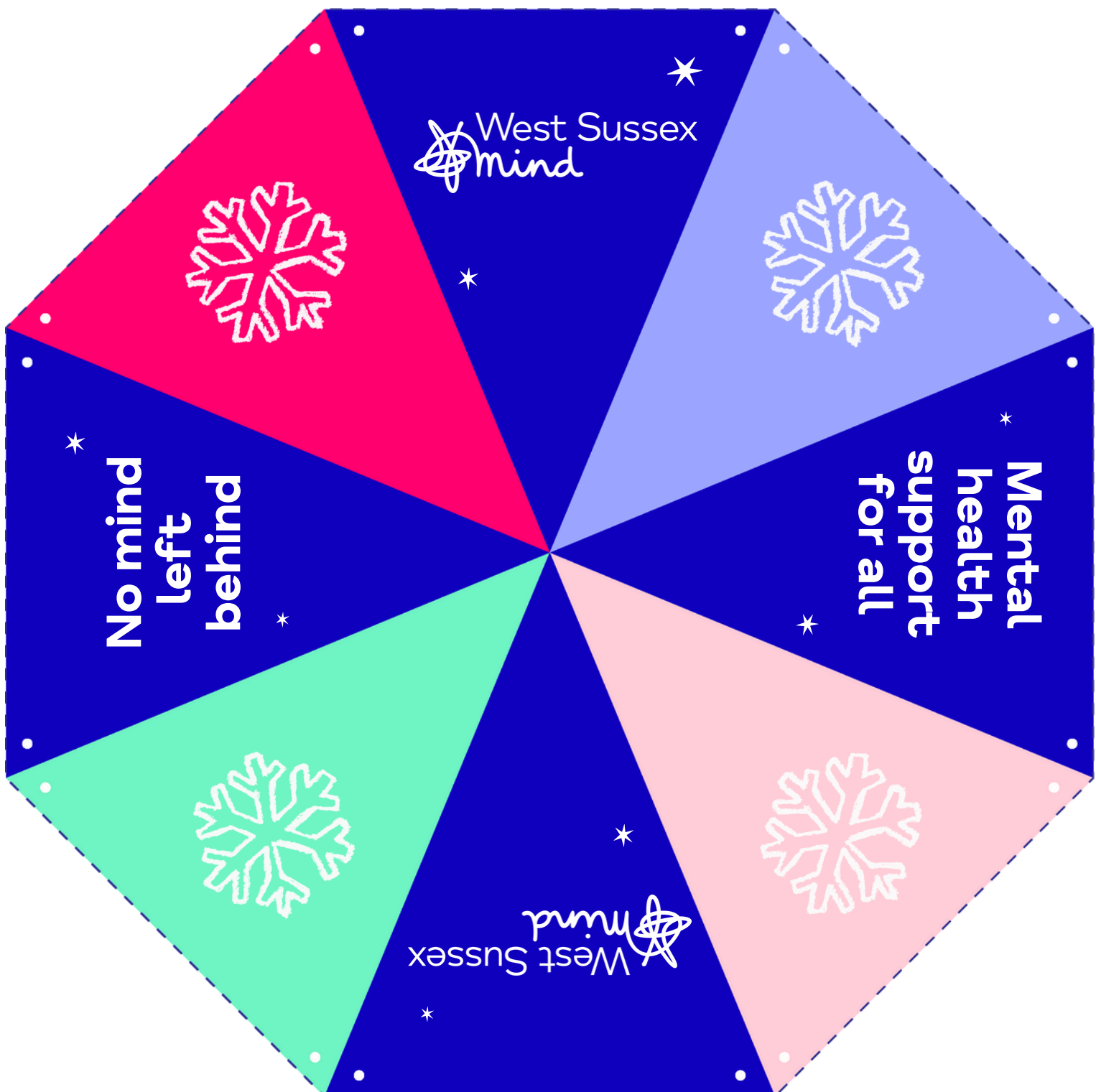


[www.westsussexmind.org](http://www.westsussexmind.org)



## Print & Cut Bunting

Add some colour to your fundraising event with our cut-out bunting!  
Simply cut around all the sections, hole-punch or poke out some  
holes and add some string. Et voilà!



# Printable badges



# Wellbeing Activity:

## Positive Affirmations Christmas Tree



### Objectives

This activity encourages young people to think positively about themselves by creating a Christmas tree filled with affirmations. The tree serves as a visual reminder of their strengths, qualities, and the positive aspects of their lives, helping to boost self-esteem and promote mental wellbeing.

### Instructions

#### 1. Print the Christmas Tree and Ornaments

Download and print the Christmas tree template on paper or cardstock. Print the sheet of ornaments, which includes blank spaces to write affirmations.

#### 2. Decorate the Christmas Tree

Colour in and decorate the Christmas tree using coloured pencils, markers, or crayons. You can also add glitter, stickers, or other materials to make the tree festive.

#### 3. Create Positive Affirmation Ornaments

On each ornament, write a positive affirmation. These can be about qualities you admire in yourself, things you are proud of, or kind words you want to remind yourself of every day. Here are some examples:

- “I am kind.”
- “I am brave.”
- “I can do challenging things.”
- “I am loved.”
- “I am helpful.”

#### 4. Cut Out and Attach the Ornament

Once you’ve written your affirmations, cut out the ornaments and glue or tape them onto your Christmas tree. You can spread them out evenly or place them wherever you like.

#### 5. Display Your Positive Affirmations Tree

Hang your Christmas tree somewhere you can see it every day, like your bedroom wall, the fridge, or your study area. Every time you look at it, read your affirmations and remind yourself of how amazing you are.

### Materials

- Printable Christmas tree template
- Printable affirmation ornaments
- Coloured pencils, markers, or crayons
- Scissors, Glue or tape
- Optional: Glitter, stickers, or other decorative materials

### Optional extension

Encourage family members to create their own Positive Affirmation Christmas Trees, or add their own affirmations to your tree. This can be a great family activity that promotes positive mental health for everyone.

### Discussion points

What are some things you’re proud of this year?

How do these affirmations make you feel when you read them?

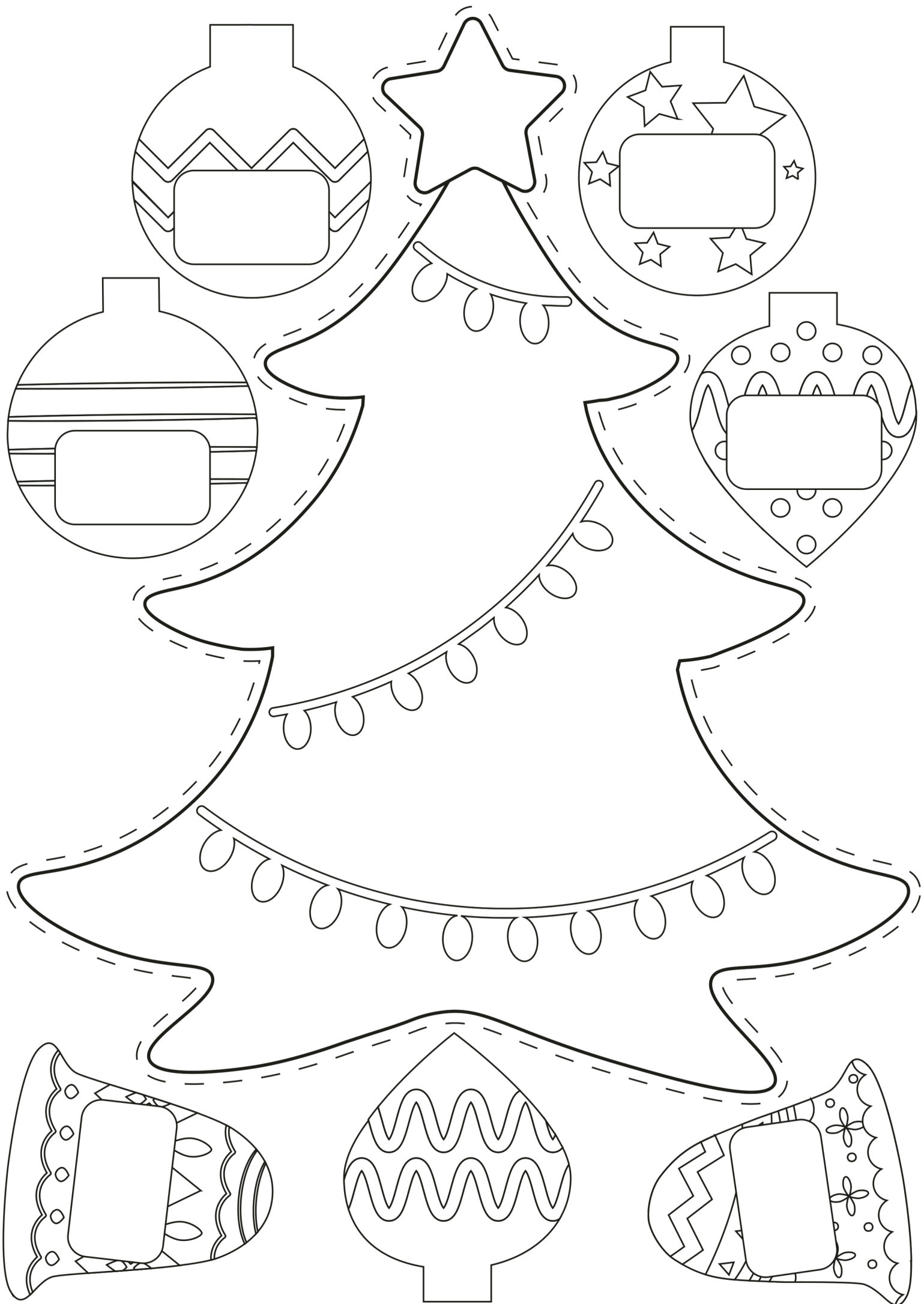
Why is it important to focus on the positive things about yourself?

### Reflection

The Positive Affirmation Christmas Tree activity is a powerful way to help young people develop a positive self-image and reinforce the value of self-kindness. ✨

By writing and displaying their affirmations, they can regularly remind themselves of their strengths and the good qualities they possess. ✨

This simple yet impactful activity not only adds a festive touch to their surroundings but also promotes ongoing mental wellbeing.



# Wellbeing Activity:

## Christmas Mindfulness Scavenger Hunt



### Objectives

This activity encourages young people to practice mindfulness by focusing on their surroundings and engaging their senses in a fun, Christmas-themed scavenger hunt.

It helps them stay present and develop an appreciation for the small, joyful moments of the holiday season.

### Instructions

#### 1. Print the Scavenger Hunt List

Download and print the Christmas Mindfulness Scavenger Hunt list. The list includes a variety of festive themed items and experiences for children and young people to find and enjoy.

#### 2. Understand the Rules

Explain that the goal of the scavenger hunt is to find each item on the list. Encourage them to take their time with each item, noticing how it makes them feel and what they observe. It's not about speed; it's about enjoying the process.

#### 3. Start the Hunt

Let them explore their home, classroom or wherever the hunt is taking place. As they find each item, they can check it off the list using the gift wrapped tick boxes. If they want, they can write they have found or take a photo.

#### 4. Reflect

After completing the scavenger hunt, gather as a group and discuss what they found. Ask them how each item made them feel and what they noticed during the hunt. This reflection helps reinforce the mindfulness aspect of the activity.

### Materials

- Printable scavenger hunt list
- Pen or pencil
- Optional: Camera or phone to take photos of the items they find

### Discussion Points

Which item on the list was your favourite to find? Why?

Did any of the items make you feel calm or happy? How so?

What did you notice about the things around you during the scavenger hunt that you might not have noticed before?

### Reflection

This Christmas-themed mindfulness scavenger hunt is designed to help children and young people to slow down and take note of their surroundings.

By focusing on what they see, hear, smell, and feel, they can practice mindfulness in a fun and engaging way.

The activity also provides an opportunity to discuss how being mindful can help them feel more connected to their surroundings and themselves.

# Christmas Mindfulness Scavenger Hunt

Name: \_\_\_\_\_

1. Something that sparkles like Christmas lights: Look for something that catches the light and makes you smile.
2. The smell of pine or a Christmas tree: Find something that smells like the Christmas to you, and take a deep breath in.
3. A sound that makes you feel calm: Close your eyes and listen for a sound that relaxes you. It could be a festive song, the wind, or even silence.
4. A soft texture like a warm blanket: Touch something soft and cozy. How does it feel in your hands?
5. A Christmas treat to taste: Find a snack or treat. Before eating it, take a moment to appreciate its smell and appearance.
6. Something red and green: Find something in these traditional Christmas colors. What emotions do these colors make you feel?
7. A book or story: take a moment to read or look at it. What message does it share?
8. A symbol of giving: Find something that represents the spirit of giving, like a wrapped gift or a charity box.



# Create your own mindful Scavenger Hunt

Name: \_\_\_\_\_



# Wellbeing Activity:

## Build Your Resilience Elf



### Objectives

This activity helps young people understand the concept of resilience by allowing them to create their own “Resilience Elf.” The elf is a representation of their strengths, coping skills and positive attributes that help them overcome challenges. Promoting self-awareness and building self-esteem.

### Instructions

#### 1. Print the Elf Template

Download and print the elf template on paper or cardstock. The template will have a basic elf outline with spaces for customisation.

#### 2. Decorate Your Elf

Use your coloured pencils, markers, or crayons to decorate your elf. Make it unique by adding colours, patterns, or special details that represent your personality.

#### 3. Add Resilience Features

Think about what makes you strong and resilient. What qualities help you get through tough times?

A Cape: Represents your bravery

A Shield: Symbolises your ability to protect yourself from negative thoughts

Glasses: For seeing the good in every situation

Boots: For standing firm in your beliefs and not giving up

Draw these features onto your elf. You can also write down what each feature represents on the back of the elf.

#### 4. Assemble Your Resilience Elf

Cut out the elf. If you’re using extra craft materials like glitter or fabric, add them to make your elf even more unique.

#### 5. Reflect on Your Resilience

Once your elf is complete, think about the different challenges you’ve faced this year and how you’ve overcome them. Your Resilience Elf is a reminder of how strong and capable you are!

### Materials

- Printable elf template
- Coloured pencils, markers or crayons
- Scissors
- Glue or tape
- Optional: Craft materials like glitter, stickers, or fabric scraps

### Discussion Points

What do each of the features on your Resilience Elf represent?

Can you think of a time when you had to be resilient? What helped you get through it?

Why is it important to recognise and celebrate our strengths?

### Reflection

The “Build Your Resilience Elf” activity not only encourages creativity but also helps children and young people develop a better understanding of their own strengths and how they can use them to overcome challenges.

By personalising their elf, children can reflect on the qualities that make them resilient and capable of facing difficulties with confidence.

# Build Your Resilience Elf

Name:



# Wellbeing Activity:

## My Christmas Worry Box



### Objectives

This activity helps young people manage their worries by encouraging them to write down their concerns and “send them away”. Placing them in a decorated worry box, makes the activity fun while promoting mental wellbeing and reflection.

### Instructions

#### 1. Prepare the Box:

Option 1: Use the printable worry box template (provided below) and follow the instructions to cut, fold, and assemble your box.

Option 2: If using an existing box (e.g., a tissue or shoe box), wrap it in Christmas-themed wrapping paper and decorate it with stickers, drawings, or other festive items.

#### 2. Decorate Your Worry Box

Make your worry box special by adding Christmas decorations like snowflakes, stars, elves, or reindeer. You can colour it in, add glitter, or stick on festive-themed stickers. This is your personal space to “send away” your worries.

#### 3. Write Down Your Worries

Take small pieces of paper and write down anything that is worrying you. You can also draw your worries if you prefer. It could be something you’re nervous about, something that’s been bothering you, or anything that’s on your mind.

#### 4. Place Your Worries in the Box

Once you’ve written or drawn your worries, fold up the papers and place them inside the worry box. Close the box and know that your worries are now safely stored away.

#### 5. Leave Your Worries Behind

Once your worries are in the box, take a deep breath and imagine those worries getting smaller and smaller. Focus on the positive things in your life.

### Materials

- Small box: a tissue box, shoe box or similar
- Christmas-themed wrapping paper, stickers, or colouring materials
- Paper and pencil
- Scissors and glue or tape

### Optional

If you feel comfortable, you can share your worries with a trusted adult. They can help you talk through your worries and find solutions or comfort.

### Discussion points

How do you feel after putting your worries in the box?

What are some things that make you feel better when you’re worried?

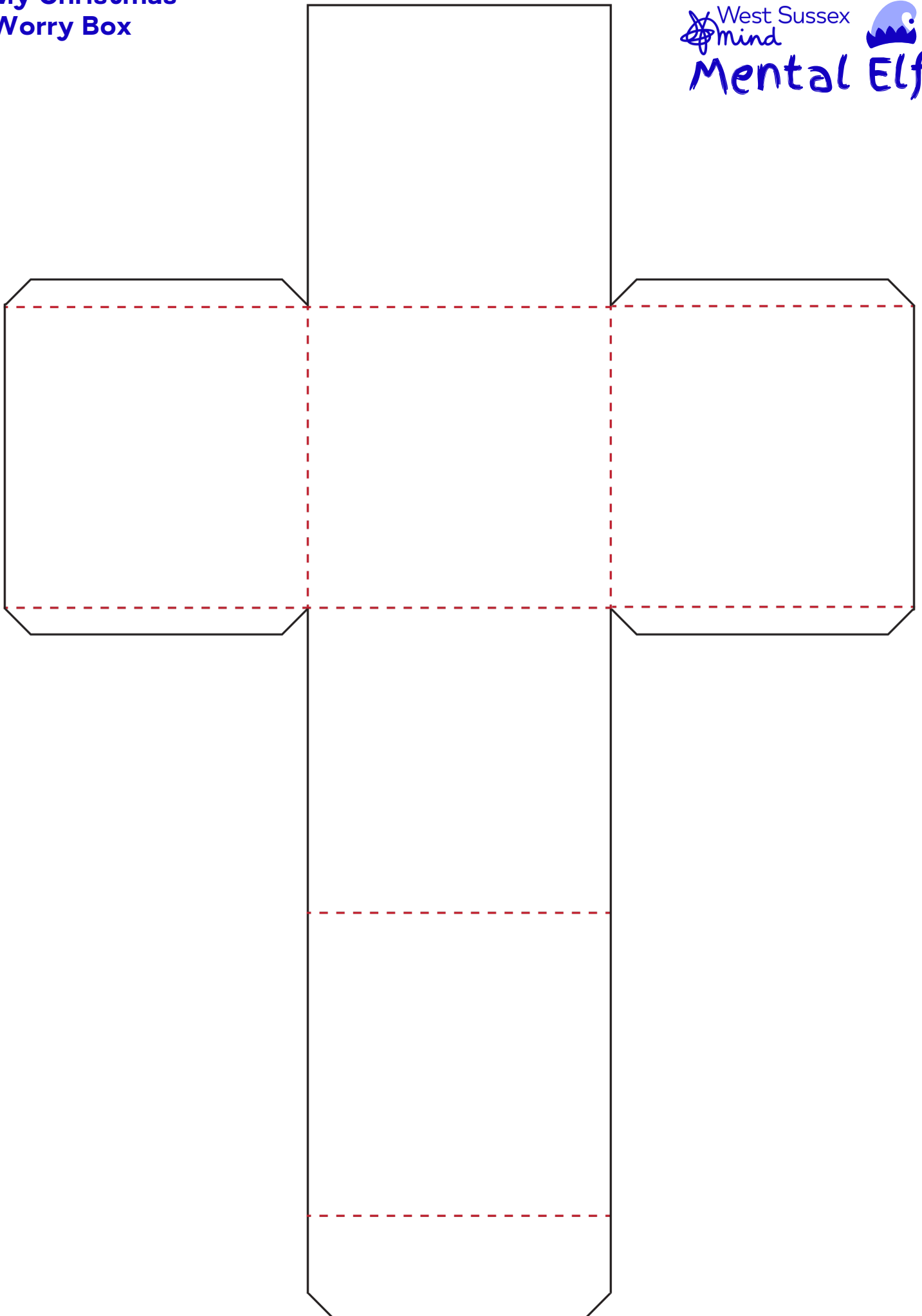
Why is it important to talk about your worries with someone you trust?

### Reflection

This Christmas-themed worry box activity provides a creative and comforting way for children and young people to manage their anxieties.

By externalising their worries, they can begin to feel more in control and focus on the positive aspects in their life.

# My Christmas Worry Box



# Wellbeing Activity:

## Reflection Ornament



### Objectives

This activity encourages children and young people to reflect on their achievements and positive moments from the past year by creating a personalised Christmas ornament. This helps promote self-esteem, self-awareness, and a sense of accomplishment.

### Instructions

#### 1. Print the Ornament Template

Download and print the ornament template on paper or cardstock. You can also use a blank piece of paper to draw your own ornament shape if you prefer.

#### 2. Decorate the Ornament

Use coloured pencils, markers, or crayons to decorate your ornament. You can colour it in, add patterns, or decorate it with glitter and stickers to make it festive.

#### 3. Reflect on Your Year

Think about something you accomplished this year that made you feel proud. It could be something you learned, a goal you achieved, a challenge you overcame, or a kind act you did for someone else.

#### 4. Write or Draw Your Reflection

Inside the ornament, write or draw what you're proud of. You can also add words or phrases that describe how you felt when you achieved it (e.g., "proud," "happy," "excited").

#### 5. Cut Out and Assemble Your Ornament

Carefully cut out the ornament shape using scissors. Punch a small hole at the top of the ornament. Thread a piece of string or ribbon through the hole and tie it to create a loop for hanging.

#### 5. Display Your Ornament

Hang your ornament on the Christmas tree, in your room, or somewhere special where you can see it every day. Each time you look at it, remember your accomplishment and how it made you feel.

### Materials

- Printable ornament template
- Coloured pencils, markers, or crayons
- Scissors, String or ribbon
- Glue or tape
- Optional: Glitter, stickers, or other decorative materials

### Discussion points

What was the most challenging part of your accomplishment?

How did you feel after you achieved it?

Why is it important to celebrate our successes, no matter how big or small?

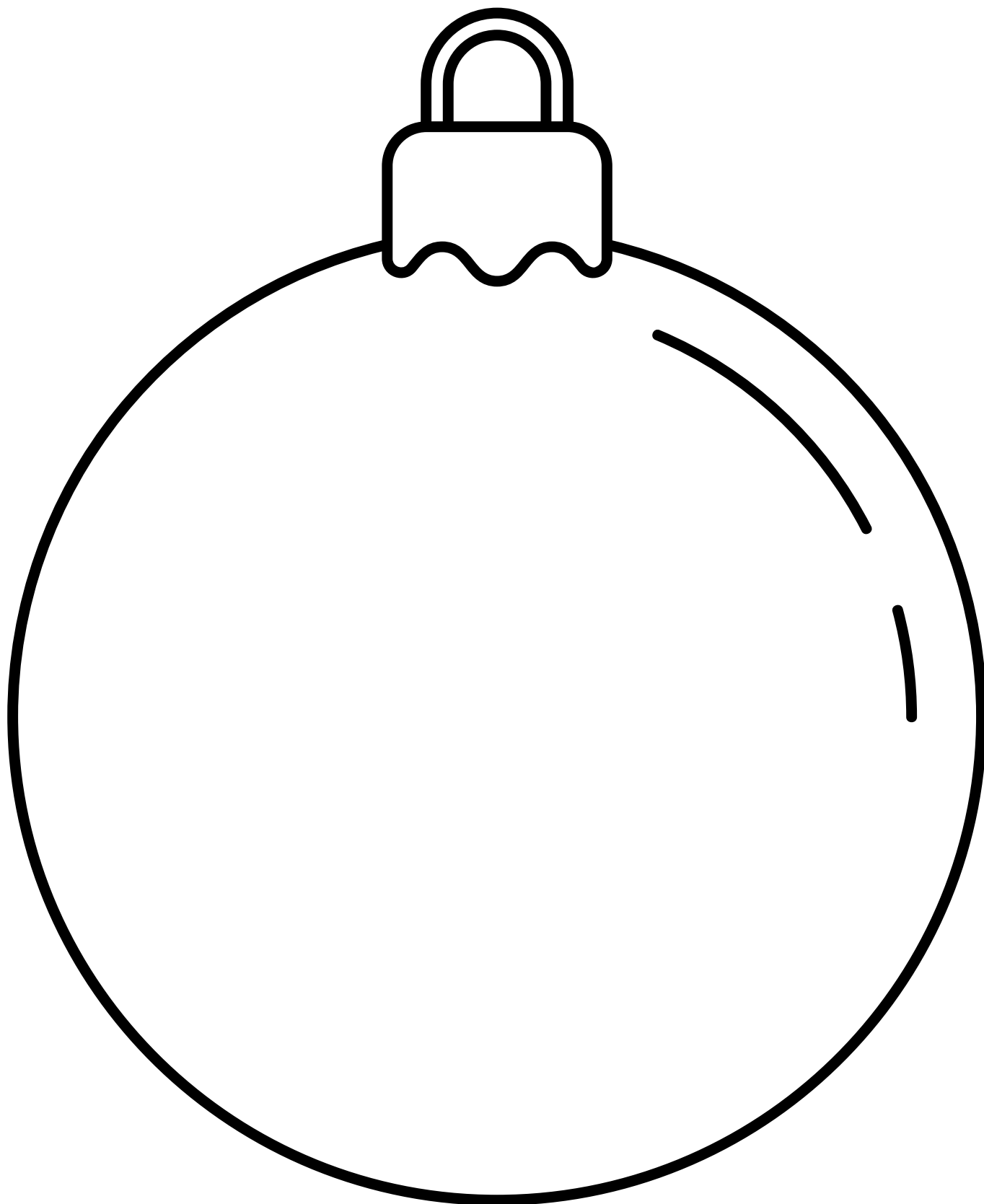
### Reflection

This reflection ornament activity provides a meaningful opportunity for children and young people to celebrate their achievements and build self-esteem.

It's a simple yet powerful way to encourage reflection and gratitude.

# Reflection Ornament

Name:



# Wellbeing Activity:

## Stocking Full of Gratitude



### Objectives

Encourage children to reflect on the positive things in their lives by writing or drawing something they are grateful for. This activity promotes gratitude and positive thinking, which are important for mental wellbeing.

### Instructions

#### 1. Print the Christmas Stocking Template

Download and print the Christmas stocking template on paper or cardstock. If you prefer, you can also draw your own stocking shape on a blank piece of paper.

#### 2. Decorate

Use coloured pencils, markers, or crayons to decorate the stocking. You can colour it in, add patterns, or even use stickers and glitter to make it festive and unique.

#### 3. Write or Draw What You Are Grateful For

Use the spaces on the stockings to write or draw something you are grateful for. It could be a person, a place, a special memory, or something you enjoy doing. If you have more than one thing to be grateful for, write or draw each on a separate piece of paper.

#### 4. Display Your Stocking

Once your stocking is full of gratitude, display it somewhere special—on the fridge, in your room, or as part of your Christmas decorations. You can also share it with your family and talk about the things you're grateful for.

### Materials

- Printable stocking template
- Coloured pencils, markers, or crayons
- Scissors
- Glue or tape
- Paper or cardstock
- Optional: Small decorative items like stickers, glitter, or sequins

### Optional extension

Make it a family activity by creating a larger “family stocking” where everyone contributes their own gratitude notes. This can be a wonderful way to bring everyone together and share what you appreciate about each other.

### Discussion Points

What are some things you are grateful for and why?

How does thinking about the things you're grateful for make you feel?

Why is it important to remember the things we are thankful for?

### Reflection

This activity not only encourages creativity but also fosters a sense of gratitude, which is closely linked to improved mental wellbeing.

It's a simple yet meaningful way for children and young people to reflect on the positive aspects of their lives.

# Stocking Full of Gratitude

Name: \_\_\_\_\_



# Wellbeing Activity:

## Mindful Breathing

### Star Exercise



#### Objectives

The Breathing Star activity is a simple and fun way to help children and young people practice mindful breathing. This exercise helps them to calm their minds and bodies by using deep, controlled breaths while tracing the points of a star.

#### Instructions

##### 1. Print the Stars

Download and print the Breathing Star template on paper or cardstock.

##### 2. Personalise the Breathing Stars

Number the points of the stars from 1 to 5. Personalise the stars using coloured pencils, so each young person has their own recognisable star they can access when needed. Then cut out the stars.

##### 3. Guide the Exercise using the Breathing Star Steps:

###### Step 1: Get Ready

Sit comfortably in a chair or on the floor. Place your star template in front of you.

###### Step 2: Start at the Bottom

Place your finger at the bottom of the star, where one of the star's points begins. This will be your starting point.

###### Step 3: Breathe In

As you trace up the first side of the star (from the bottom point to the top of the first peak), breathe in slowly through your nose. Imagine filling your belly with air like a balloon.

###### Step 4: Breathe Out

As you trace down the other side of the point (from the peak down to the next valley), breathe out slowly through your mouth, like you're blowing out a candle.

###### Step 5: Continue Around the Star

Repeat this pattern for each side of the star:

Breathe in as you trace up to each point.

Breathe out as you trace down to the next valley.

Continue tracing and breathing until you've gone all the way around the star.

#### Materials

- Printable star template
- Coloured pencils, markers, or crayons
- Scissors

#### Discussion Points

Once you've finished tracing the entire star, take a moment to notice how your body feels.

Are you more relaxed?

Did focusing on your breathing help you feel calmer?

How did the Breathing Star make you feel?

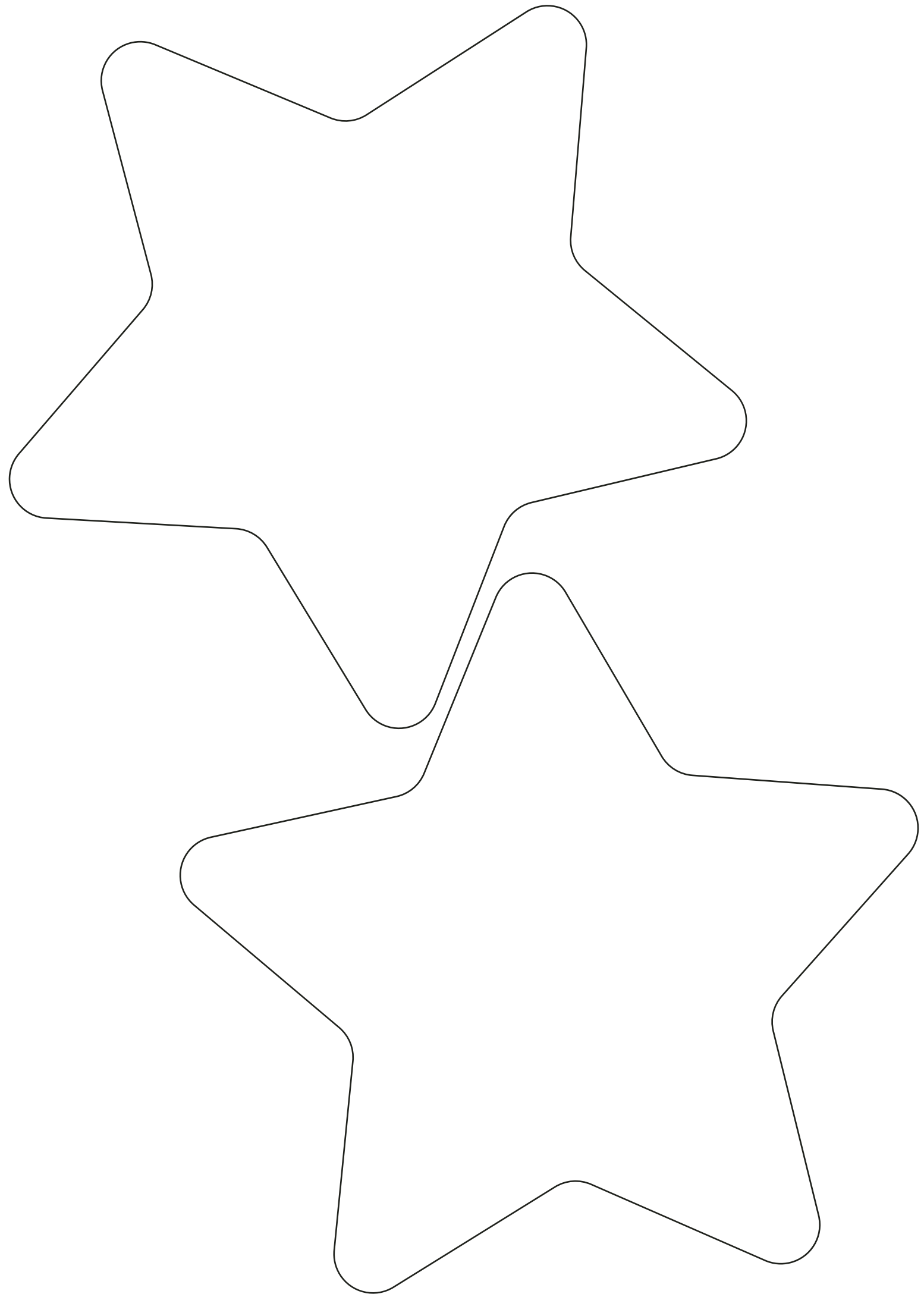
When could you use the Breathing Star?

#### Reflection

The Breathing Star activity teaches children and young people to use deep, rhythmic breathing to calm their bodies and minds. This helps them relax when they are feeling anxious or stressed.

By focusing on their breathing and the movement of tracing the star, they can develop better concentration and mindfulness.

This is a useful skill for managing distractions and staying focused on tasks.



# Wellbeing Activity:

## Elf-Care Checklist



### Objectives

This fun and festive Elf-Care Checklist teaches children and young people the importance of taking care of their mental and physical health by following simple, self-care practices.

This resource helps children and young people develop healthy habits and wellbeing practices.

### Instructions

#### 1. Introduction to the Elf-Care Checklist:

The self-care checklist helps you to take care of yourself, to stay happy, healthy, and strong. This checklist will guide you to remember to do things that make you feel good, both inside and out.

Practicing self-care helps you manage stress, feel better when you're upset, and keep your energy up.

#### 2. Using the Elf-Care Checklist:

Use the pre-made checklist or create your own in small groups.

Check off each task as you complete them throughout the day or week, by colouring in the elf hats.

Remember, self-care is about finding balance and doing things that help you feel relaxed, happy, and healthy.

#### 3. Reflect After Completing the Checklist:

At the end of the week, reflect on which self-care tasks you enjoyed the most and which helped you feel calm or happy.

Discuss how you can continue practicing self-care even after Christmas.

### Materials

- Printable Elf-Care template

### Discussion points

What was your favourite self-care task? Why?

How did it feel when you practiced self-care?

Why do you think it's important to take care of yourself?

Which self-care habit will you keep doing, even after Christmas?

### Reflection

**Encourages Healthy Habits:** Children and young people learn to incorporate self-care activities into their daily routine, helping them stay healthy and balanced.

**Promotes Emotional Wellbeing:** By practicing mindfulness and talking about their feelings, children and young people develop emotional awareness and coping skills.

**Boosts Confidence:** Completing self-care tasks helps them feel proud of taking care of themselves and others.

**Fosters Independence:** Children and young people take responsibility for their own wellbeing, learning to recognise when they need a break or help.

# Elf-Care Checklist

Name: \_\_\_\_\_

## Stay Hydrated

Drink plenty of water throughout the day. Elves need lots of energy to build toys, and staying hydrated keeps you strong and focused too!



## Take a Breathing Break

Stop and take 3 deep breaths: breathe in slowly for 4 counts, hold for 4, and breathe out for 4. Repeat to feel calm.



## Spread Kindness, Elf Style

Do one kind thing for someone else today. It could be helping a friend, giving a compliment, or sharing something.



## Get Moving, Elf-ercise!

Get up and move your body for 3 - 5 minutes. You can do a fun dance, stretch, or walk like an elf delivering presents. Moving helps you feel energised and boosts your mood!



## Create a Gratitude List

Write down three things you're thankful for today. Just like elves appreciate the joy they bring, focusing on the positive things in your life helps you feel happy and grateful.



## Compliment Someone

Give someone a genuine compliment. Maybe tell them they're doing a great job or that they're kind. Compliments can brighten someone's day and make you feel good too!



## Good Sleep

Make sure you get a good night's sleep. Resting, just like elves, helps you recharge for the next day. Try to go to bed early and wake up feeling refreshed.



## Mindful Eating

When you eat, take a moment to really enjoy the flavours, eating mindfully helps you appreciate your food and feel more present.



# Create Your Own Elf-Care Checklist

Name: \_\_\_\_\_

**Task:**

What to do:



**Task:**

What to do:



**Task:**

What to do:



**Task:**

What to do:



**Task:**

What to do:



**Task:**

What to do:



# Create Your Own Elf-Care Checklist

Name: \_\_\_\_\_

**Task:**

What to do:



**Task:**

What to do:



**Task:**

What to do:



**Task:**

What to do:



**Task:**

What to do:



**Task:**

What to do:



# Festive Word Matching Quiz

Name: \_\_\_\_\_

## How to play:

This quiz is about word association. Join two words that are related, choose one word from the left-hand side and find it's partner on the right-hand side. For example 'Jingle Bells'.

Family

Cracker

Gingerbread

Carols

Wellbeing

Stocking

Candle

Reindeer

Hat

Grateful

Merry

Jingle

Carrot

North

Resilience

Bells

Light

Scarf

Positivity

Sleigh

Joke

Fireplace

Choir

Christmas

Snowman

Pole

Together

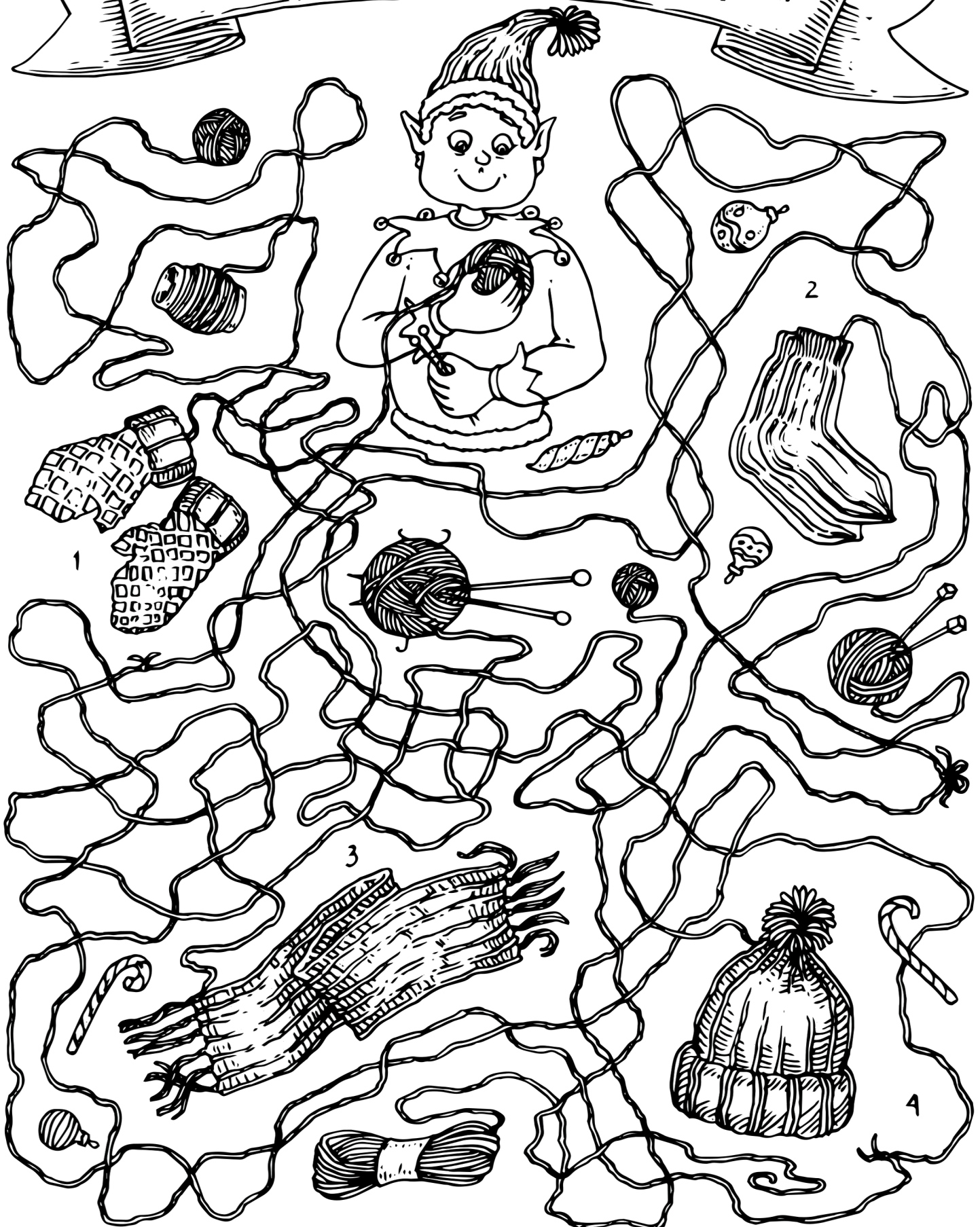
Bounce-back

House

Gifts



The Christmas Elf decided to help Santa and make some knitted goods for gifts. Find out what he is knitting now!





Santa was packing his Christmas presents, but he was in a hurry and got them all mixed up. Help him figure out which gift is in which box.

# Wellbeing Wordsearch

Name: \_\_\_\_\_

s y m o f y j m a b h s c j q m f b l r s x r f s i s s a r  
m v p o h a d i e g u l m y r v y c b m p r u m m o g r s l  
c p h c z y q n g i f p i e n l m s y z o d j c c d q o u k  
w t c o d k e d s v n g b g v w q n r g s u t s d z z u p f  
m r n s g q g f q i l q v c h g t k y r i r n f w f o i p d  
a r f t i a c u f n l d b l h t z d h w t m j c r r a x o s  
e b c p y g u l c g m y l e z b x b p z i g n v e v e g r x  
a m b b p i l n s x s m v n v q t j a q v f v u s s h i t z  
v y m h y g l e m a g i c a l z p y b n i o x j i x l d h x  
u o z m o a z s l f x d o p z a m i d n t d d w l p q l i z  
d d k y m p y s h u s i z v w b o a s b y t h v i e l j c e  
m d q y n r e c r f g c e r h i g t s r v s z x e j p j i p  
u o x j h w m r c n d s l u r u f m p j y g o p n k o o k d  
s c r g c a c b b o j w y y c q z o l x p s s u c b c g e o  
b r q l x i p z p g r a t i t u d e b l t f i b e q c x e u  
f k i m q z x p j s t p w m o b m v x p x l s w i w k z y a  
m c i l m q t h i x p r z o e b g w y v t t b b l h o w c h  
s v i k m d n h u n h r s m g m c g p u p c r q s k r w t q  
j o y f u l f l a d e e c l z b d v t o g e t h e r n e s s  
l s z y v q g p s n n s y o n w r z x l m n w h f m l z l k  
f i n y j e x x t k k t s v m w g t n n f d d q u c i w a i  
w u n s b v t r d v n f x y l p a f l e d p h z f u d o h n  
i o p r n p s m a u k p u h s j a r t l d m k d a t g j l d  
y n i o n y p e a c e w z l l a i s m x r p v z m m i r c n  
r p l o v e q x l l c t u y c k v x s t e d n a i x v s d e  
g x s m u z v y f k f k e x w i k q t i h c e j l r i l k s  
n p a h u c j w c l i f a s j n n b i n o l o v y m n m n s  
m i r l e t a j y p t k c h e e r t m k t n y l s g g h u k  
c l r s u h j z s c a l m l d n w e l l b e i n g l p t c u  
c t t e d a i e v n g p f r w b q h j n n s c j y w j y j f

togetherness

positivity

wellbeing

support

joyful

warmth

peace

mindfulness

compassion

happiness

thankful

giving

giving

cheer

resilience

gratitude

kindness

magical

family

hope

light

calm

love

rest

# Christmas Word Scramble

Name: \_\_\_\_\_

Can you unscramble the words and phrases below?

hiatcsmrs

\_\_\_\_\_

ifgt

\_\_\_\_\_

wkesnolfa

\_\_\_\_\_

enmic pei

\_\_\_\_\_

ctsnikgo

\_\_\_\_\_

idneeerr

\_\_\_\_\_

lneiig ebsll

\_\_\_\_\_

tselin

\_\_\_\_\_

toh tococahle

\_\_\_\_\_

rntho eopl

\_\_\_\_\_

ckerrnuat

\_\_\_\_\_

npei eetr

\_\_\_\_\_

ylaifm

\_\_\_\_\_

afriy hligst

\_\_\_\_\_