

SPOT THE PRESSURE

Pressure is when you feel pushed to do something, even if you're not sure you want to.



WHAT CAN PRESSURE LOOK LIKE?

GO ON GREMLIN

"Go on, just try it."



COPYCAT CLAW

"Everyone else is doing it."



CURIOUS CRITTER

"Wonder what it's like..."



ENTER THE COMPETITION



Create your monster.



Photograph your drawing.



Ask an adult to enter online.

WIN FANTASTIC PRIZES!

Win gift vouchers, a fun card game and other exciting prizes! Your monster could even feature in a campaign across Wales!

Entries close 15 Jan 2027



ash.wales/nicofiends

CREATE A NICOFIEND



TURN THIS EYE INTO A PRESSURE MONSTER.



COULD YOUR MONSTER BE
FAMOUS ACROSS WALES?