

# Let's Feel Better

Sometimes you will feel sad, angry, confused, hurt or upset.

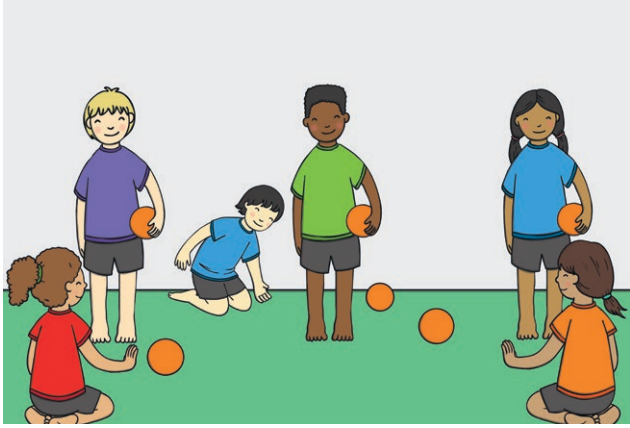
It can be very hard when you feel like this. These feelings can make you feel very tired and fed up.

It is important to try and give yourself a break from these feelings by doing something. For example; you may be feeling very sad because someone you love has passed away. You may feel sad all the time, however it is ok to have a break from feeling sad. You may find that you feel happy when you play with your friends.

Below are a number of flashcards with ideas to help you feel better when you need to. Ask an adult to make a hole in each card. Then, tie them together using some string so you can make your own little book to keep with you wherever you go.

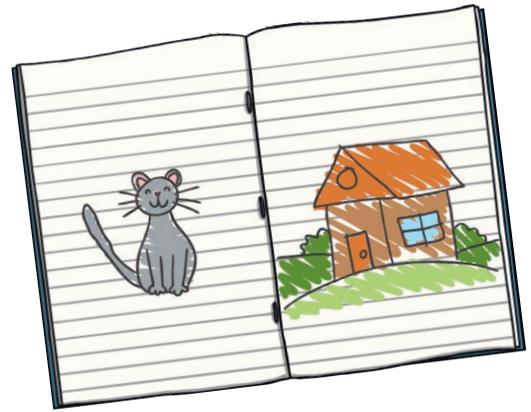
You may feel like you need a break from the difficult feelings but don't know how to do it. This is the perfect time to use your little book. It is small so you can pop it into your pocket or bag.

Play a game with your friends.



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Write a story or draw a picture in a notebook or a drawing pad.



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Take a nap.



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Read your favourite book.

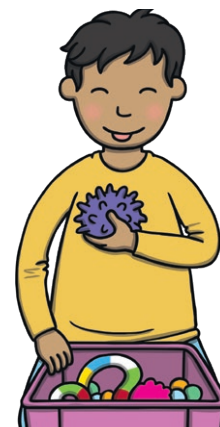


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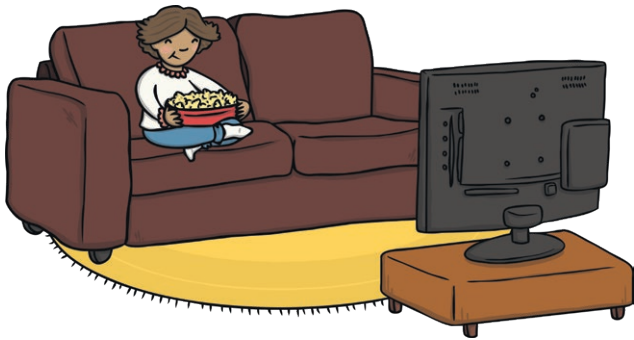
Listen to music that makes you feel happy.



Use your calm box.



Watch your favourite TV programme.



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Do something creative – paint, bake, draw or write.



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Sing and dance along to your favourite songs.



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Think of something that makes you and others laugh.



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Eat something nice or something you haven't tried before.



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Drink a cold glass of water or milk.



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These are all ideas you can try, however you might have some ideas of your own that you know work.

Can you write a title like the ones above and then draw a picture to explain it?

