

How are you feeling today?



happy



anxious



sad



angry



excited



calm

6 things you can do to help you feel good

Talk to someone you trust about how you're feeling



Go outside and get some fresh air

Listen to your favourite music



Keep active - run around or play games



Eat lots of healthy food



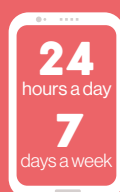
Have a good night's sleep



Need someone to talk to?

Call Childline for free

0800 1111



In an emergency, text SHOUT

85258