

What can I do when.....?

When I feel frightened.



I could  
• think of something happy

When I feel sad.



I could  
• cuddle/hug someone I love

When I feel angry



I could  
• go for a walk

When I feel nervous.



I could  
• take a deep breath

When I feel lonely.



I could  
• write a letter to a friend

Now I feel



HAPPY!



HAPPY!!!

