

How are you feeling today?



happy



anxious



sad



angry



excited



calm

6 things you can do to help you feel good

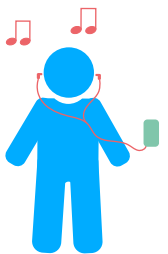
**Talk to someone
you trust about
how you're feeling**



**Go outside and
get some fresh air**



**Listen to
your
favourite
music**



**Keep active
- run around or
play games**



**Eat lots of
healthy food**

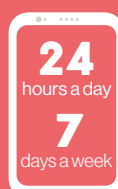


**Have a good
night's sleep**



Need someone to talk to?

**Call Childline
for free
0800 1111**



**In an emergency,
text SHOUT
85258**