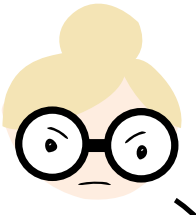
How are you feeling?

All emotions are ok to have. Here are some ideas of what you can do with your feelings...

happy

Use your positive energy to do something kind



angry

Think about how you can make positive change

confused

Ask someone you trust to help you understand

Think about things that make you happy

sad

Look at a photo from a happy day

Surround yourself with your favourite cuddly toys

Try to doodle or draw what you are feeling

scared

Talk about your worries with a safe adult

Listen to calm music or read a favourite book

Copyright© 2020 G.L.T.C. Ltd. All rights reserved. Great Little Trading Company & GLTC are registered trade marks of G.L.T.C. Ltd.