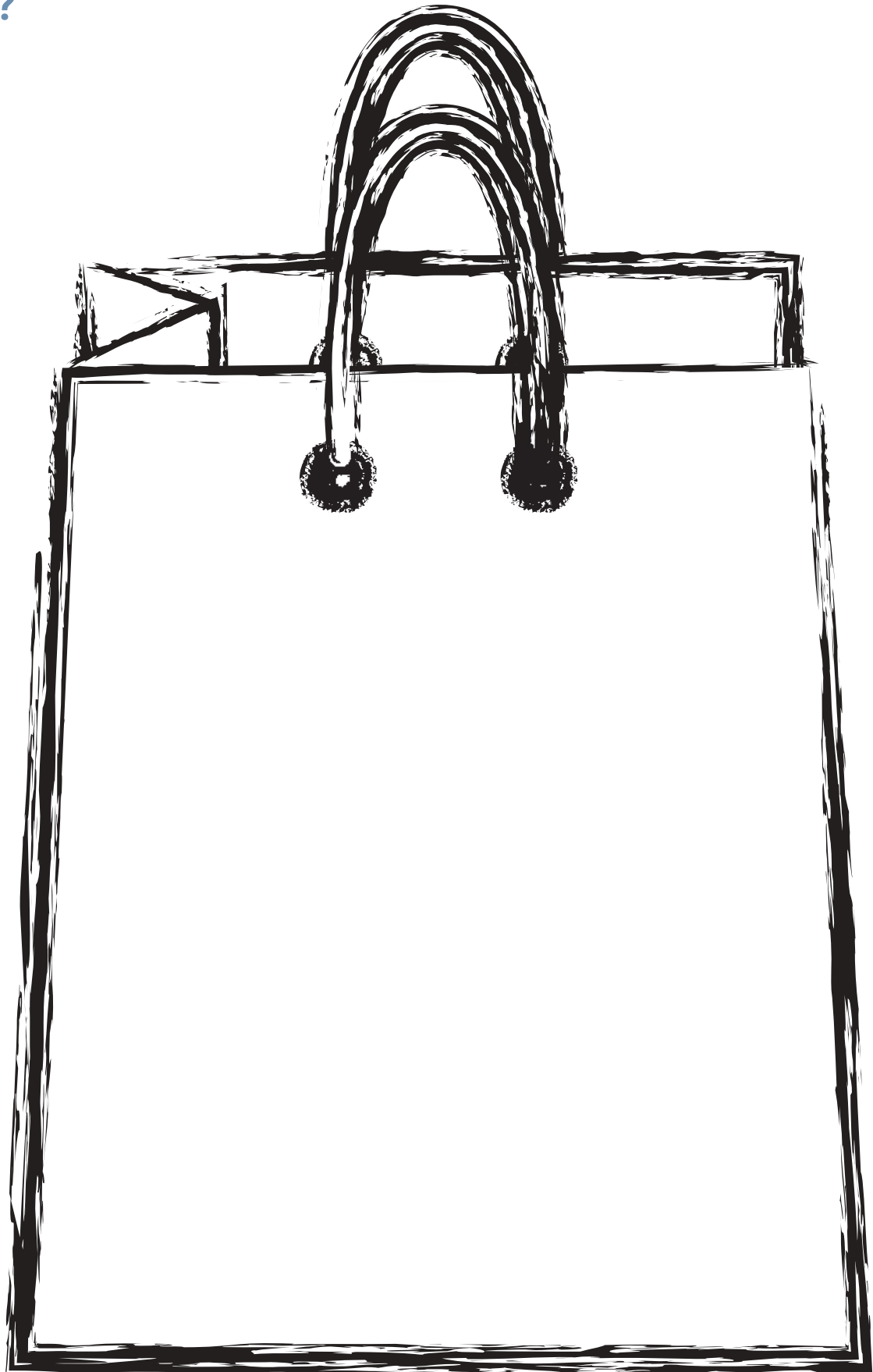


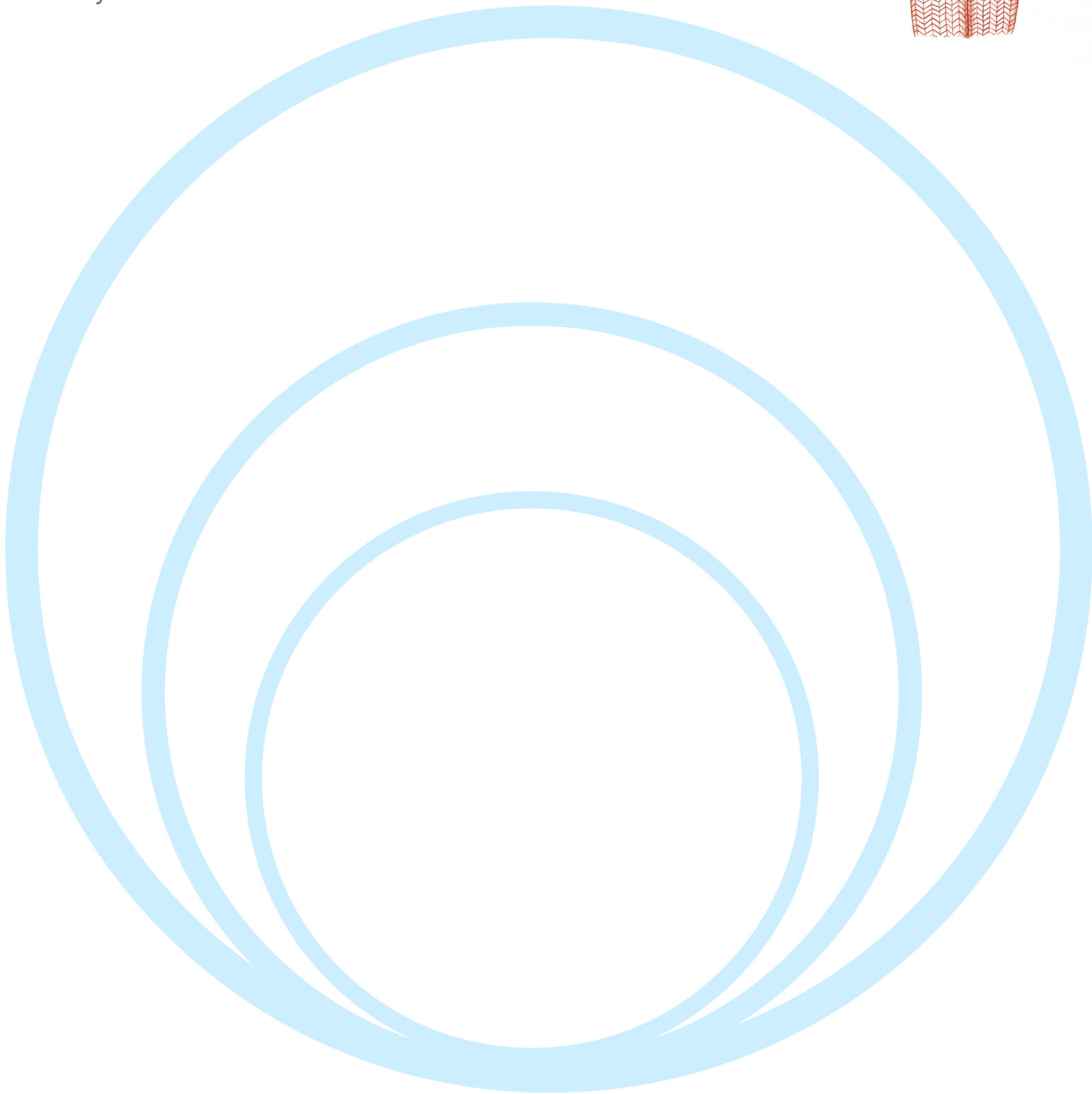
Bag of Worries

What kind of things might make you feel sad, unhappy or worried?



My Circle of Support

Put those who you think are closest to you and who can support you the most in the smallest circle, and work outwards to a bigger group of people who might not be able to support you quite as much, but are still there for you.





How to be a Good Listener

Write or draw your top tips for being a good listener.

A large, empty rectangular box with rounded corners and a light gray border, intended for students to write or draw their tips for being a good listener.





Things I can try if I'm Feeling Sad

Who I could talk to

Adults I trust

Things that
make me happy

If it's a BIG feeling -
ie. something I am feeling
all the time



Tips for Wellbeing

Connect: Spend time with family and friends. Enjoy doing things together and talking to each other. Maybe help prepare some food or play a game. Take a break from gadgets.

Be active: It keeps you physically healthy, and makes you feel good. Breathe in some fresh air.

Keep learning: Try something new. Try a new hobby, or learn about something just because it interests you.

Take notice: Take a break to see how you feel. Relax and look around you or listen to music, take a few deep breaths. Take a look at nature or the world around you.

Give: Do something for a friend or relation/adult, as well as making them feel good, it can make you feel good too!

Eat Well & Rest: Eat a balanced diet and make sure you're getting enough sleep.

