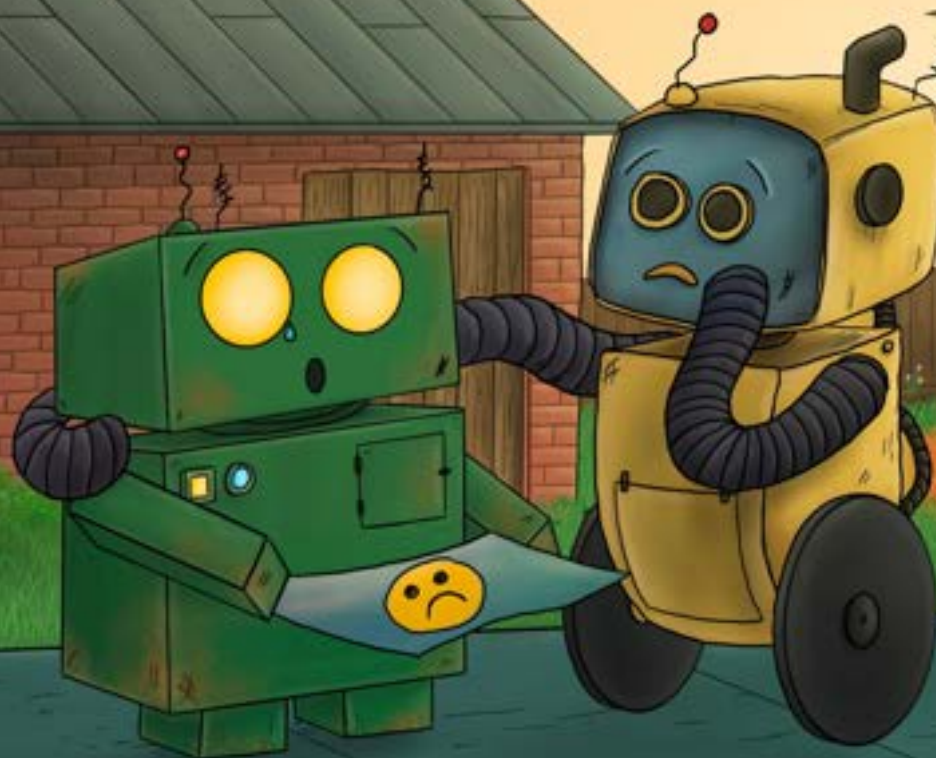


1. TELL SOMEONE HOW  
YOU ARE FEELING.



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HOW DOES  
THIS MAKE  
ME FEEL BETTER?



It's good to be open and share how we are feeling – especially if we are having a bad day or are angry, worried, sad or nervous about something.

Letting your feelings out helps you to feel better and to get rid of sad feelings.



## What could I do?

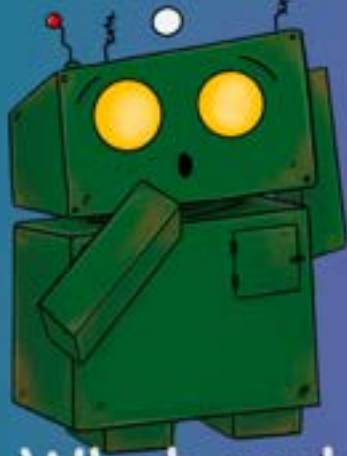
- Try talking to a friend or family member about how you are feeling.
- Draw an emoji face to show someone how you feel.
- Write how you feel in a diary.
- Think of the things that make you feel good.



2. PLAY A GAME OR  
SPORT YOU HAVE  
NOT DONE BEFORE.



HOW DOES  
THIS MAKE  
ME FEEL BETTER?



By learning something new we know what we like and don't like and what we are good at.

This can help to build our confidence, and is a great way to make new friends.

### What could I do?

Think about something you would like to try?

You could:

- Try a new sport.
- Try playing an instrument.
- Try teaching yourself a new dance move.
- Try playing a new board game.



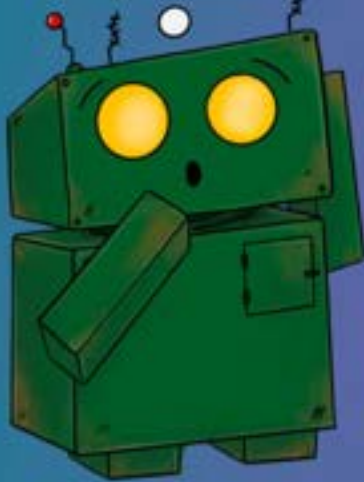




3. WRITE 3 THINGS  
YOU WOULD LIKE  
TO DO OR ACHIEVE

1. BAKE A CAKE.
2. RUN WITH A FRIEND.
3. TIDY MY ROOM.

HOW DOES  
THIS MAKE  
ME FEEL BETTER?



Giving yourself goals, no matter how big or small they are, can help you feel good.



Reminding yourself of what you have achieved can make you feel proud of yourself.

What could I do?

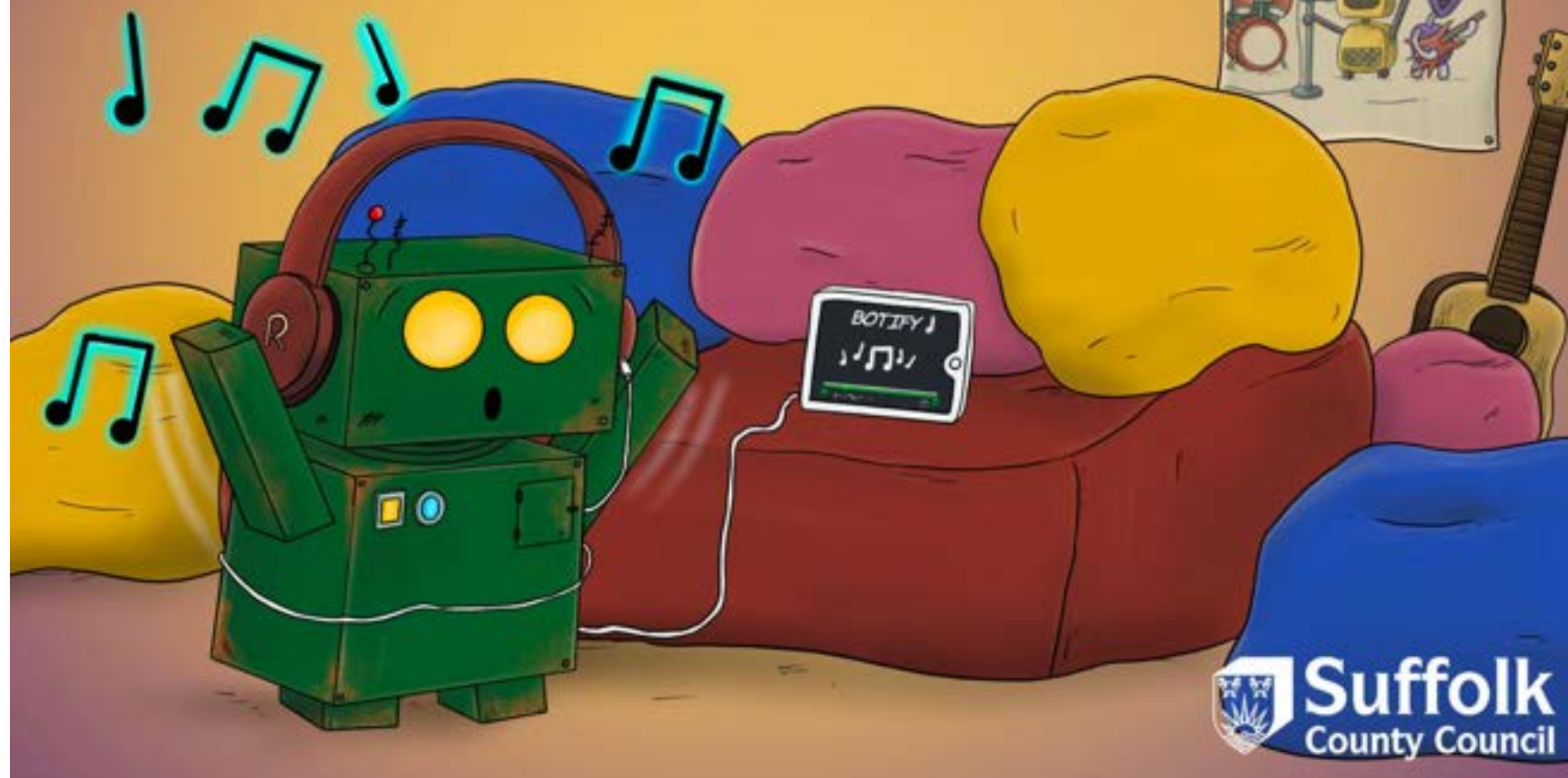
Think about...

- What things you would like to get better at?
- Places you would like to go.
- What skills you would like to improve on.

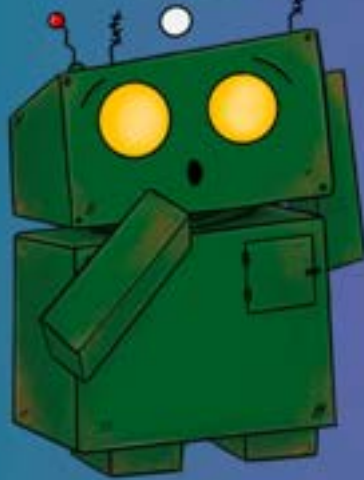




# 4. LISTEN TO SOME MOOD BOOSTING MUSIC AND DANCE!



HOW DOES  
THIS MAKE  
ME FEEL BETTER?



# Music is powerful!

When you are feeling down, music can help pick you up.

Listening or playing music can help you to relax, and it can be healing when you are going through a tough time.

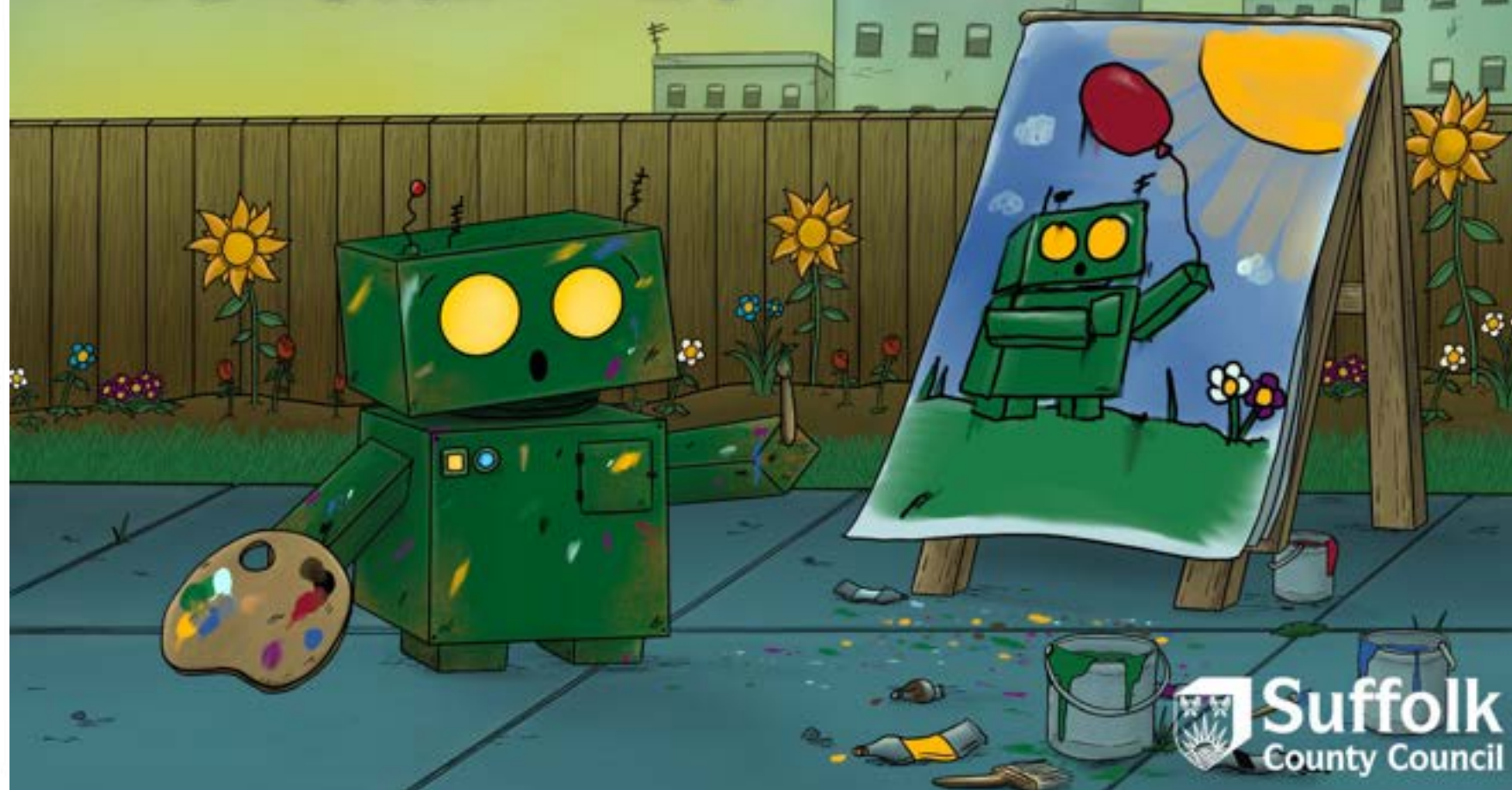


What could I do?

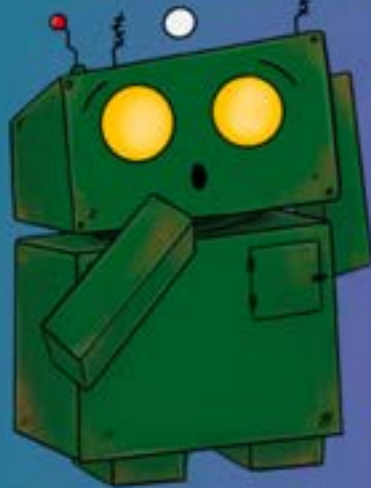
- Create a playlist of all your favourite songs that make you feel good.
- When you feel sad or low play your playlist and dance around your room.



# 5. GET CREATIVE! DOODLE, PAINT OR DO SOME COLOURING IN.



HOW DOES  
THIS MAKE  
ME FEEL BETTER?



Being creative helps us to  
express our feelings.



When we are being creative,  
we feel calm and happy.

It allows you to use your  
imagination and show how you  
feel.



What could I do?

- Find a picture to colour in.
- Doodle a pattern using lines or shapes.
- Draw a picture for a family member or friend.

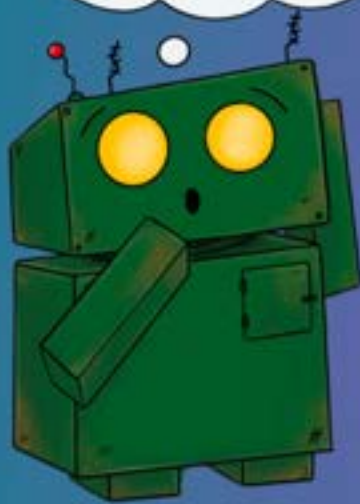




# 6. FIND A BOOK YOU WANT TO READ.



HOW DOES  
THIS MAKE  
ME FEEL BETTER?



Reading helps us to relax and  
focus.



Reading also improves our memory  
and makes us more clever.

Stories teach us how to understand  
and share feelings through the  
characters in the book.



What could I do?

- Visit your local/school library and find a book to read.
- Read a comic book.
- Listen to an audio book.

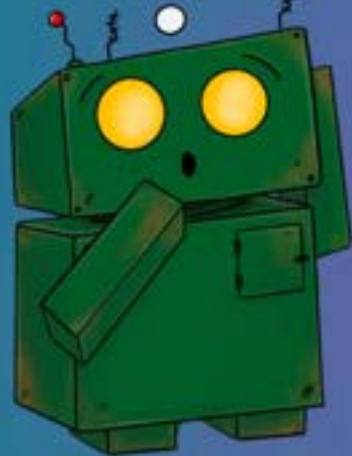




7. SAY THANK YOU TO A FRIEND  
OR SOMEONE SPECIAL IN  
**YOUR LIFE.**



HOW DOES  
THIS MAKE  
ME FEEL BETTER?



## When did you last thank someone?

Being thankful helps to show that we care for the people and things that we have in our life that make us happy.

Saying thank you also shows respect for others and makes them feel good too.



## What could I do?

- Send a thank you note or card to someone who has done a nice thing for you.
- Make a gift for your mum, dad or carer to say thank you for all that they do for you.





8. LOOK IN THE MIRROR AND  
TELL YOURSELF 3 THINGS  
YOU LIKE ABOUT YOURSELF.



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Thinking of the things that we like about ourselves, and our bodies helps us to learn to love who we are and improves our confidence.

Being unique makes us special – there is no one else that looks, acts, thinks or behaves like you.

Remember no one is perfect and we are more than just how our body looks.



## What could I do?

- Tell yourself that you are brilliant just as you are!
- When you look in the mirror focus on the things you like about yourself – remember these things when you feel down about yourself.
- Think about how amazing your body is – how it functions and not just how it looks.
- Ask a friend or relative to tell you what they like about you.

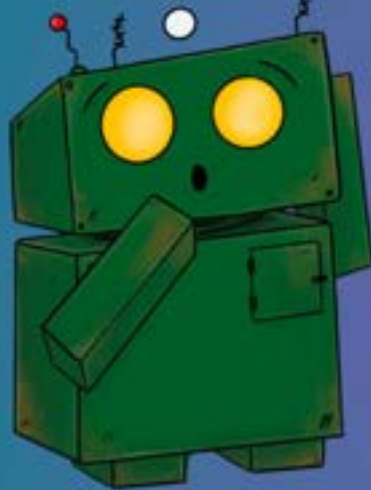




# 9. WATCH A "FEEL-GOOD" MOVIE.



HOW DOES  
THIS MAKE  
ME FEEL BETTER?



A "feel-good" movie is a film that you like to watch when you are feeling down that cheers you up.

Films take us away to a dream world where anything is possible, and this can leave us feeling inspired.



What could I do?

- Watch a "feel-good" film with friends, family or by yourself (no horror films allowed).
- Make the most of your movie night – dim the lights and prepare popcorn and snacks.

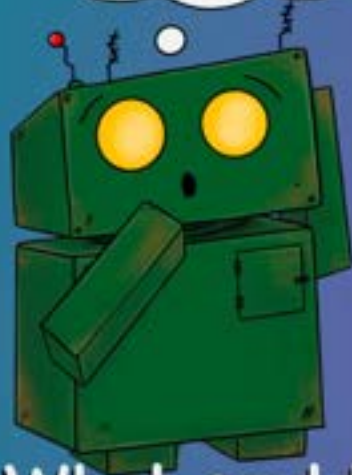




10. GIVE A SMILE TO  
EVERYONE YOU  
SEE AND COUNT HOW MANY  
YOU GET BACK.



HOW DOES  
THIS MAKE  
ME FEEL BETTER?



## Smiles are contagious!

When someone smiles at us it makes us feel happy and we want to smile back.



When we smile the muscles in our face trigger the release of endorphins.

These endorphins make us feel happy and positive.



### What could I do?

- Today, smile at the people around you and see if they smile back.
- At the end of the day add up how many Smiles you gave and how many you got back.
- Did smiling more today help you and others to feel better?

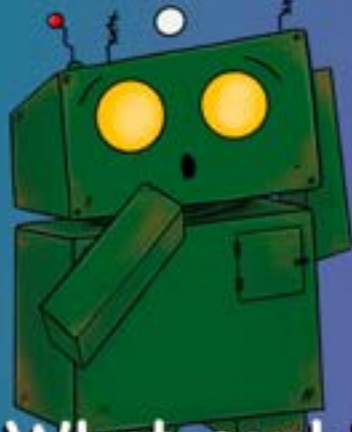




# 11. OFFER TO HELP SOMEONE.



HOW DOES  
THIS MAKE  
ME FEEL BETTER?



When we help someone, it makes  
us feel good about ourselves.

You are making someone feel  
happier by helping them.



What could I do?

- Donate something to charity.
- Offer to do some house chores to help your mum, dad or your carer.
- Be kind – don't bully.
- Befriend a new classmate.
- Pick up litter.
- Share something.





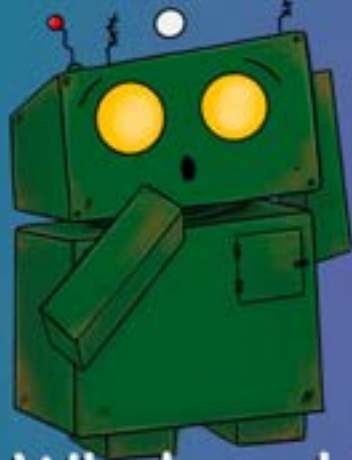
# 12. HUG SOMEONE OR SOMETHING.

(A FRIEND, PET,  
TOY, PILLOW)



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HOW DOES  
THIS MAKE  
ME FEEL BETTER?



When we hug someone or something our heart rate slows down, so we feel more relaxed.

Hugging increases serotonin, a "feel-good" hormone so we instantly feel happier.



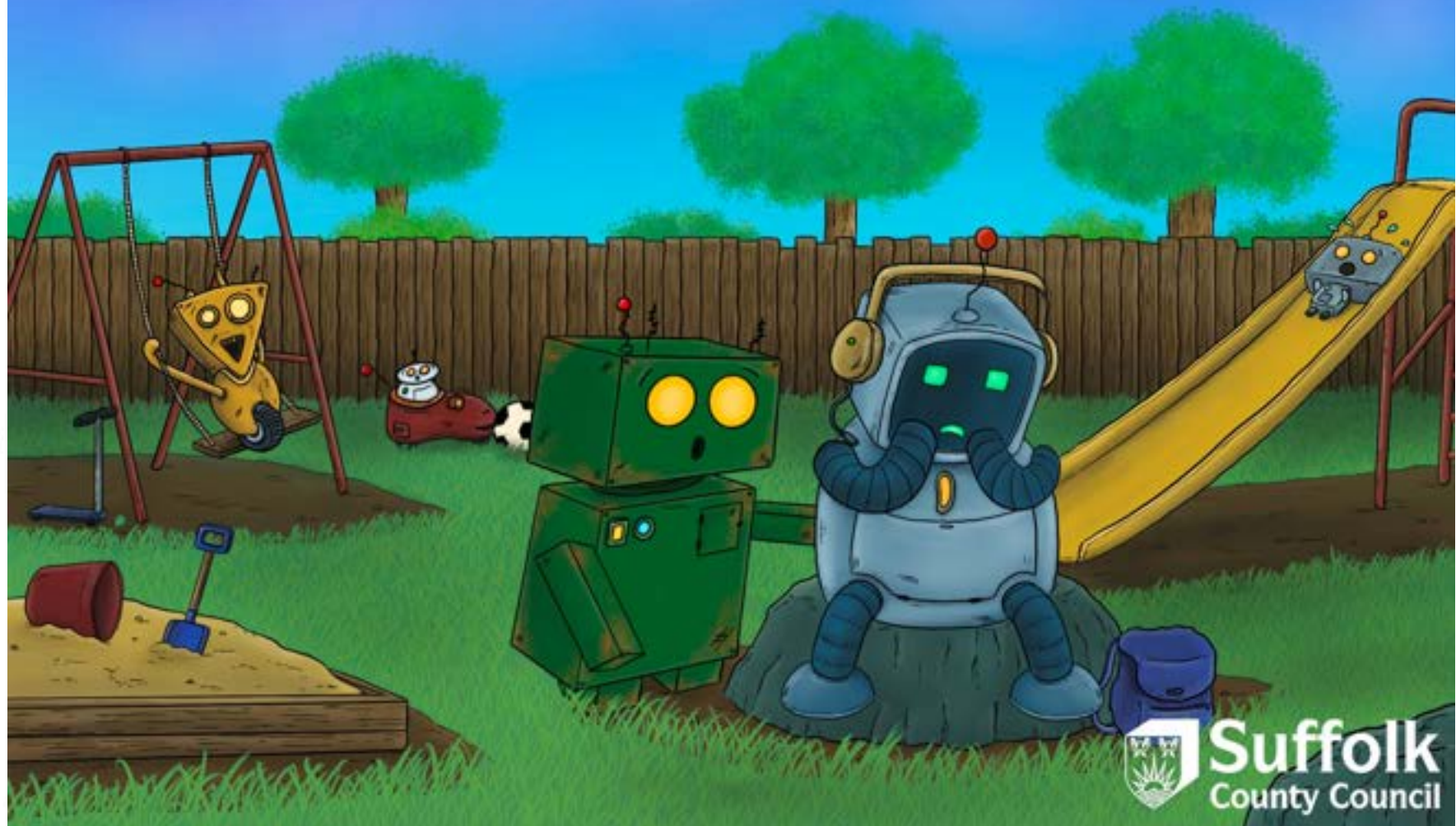
What could I do?

- Ask someone you know for a hug.
- Do a big group hug with your friends or family.
- Give your friend a hug.
- Find something soft to cuddle.
- Give your pet a gentle hug (if they're friendly).



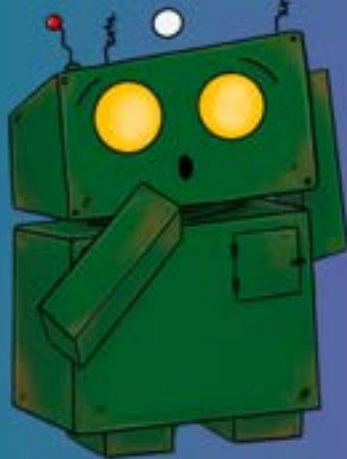


# 13. ASK SOMEONE HOW THEY ARE FEELING.



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HOW DOES  
THIS MAKE  
ME FEEL BETTER?



Checking how your friends are feeling, helps to share worries and to support each other when you are feeling sad.

Asking how someone is feeling lets them know that you care.



**What could I do?**

- Ask others how they are doing and help them to talk about their feelings.
- If your friend needs help offer to go with them to speak to an adult.

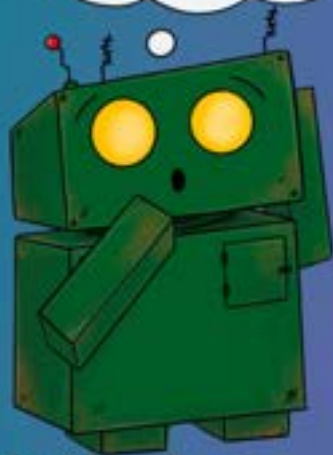


# 14. TAKE A WARM BATH OR SHOWER.

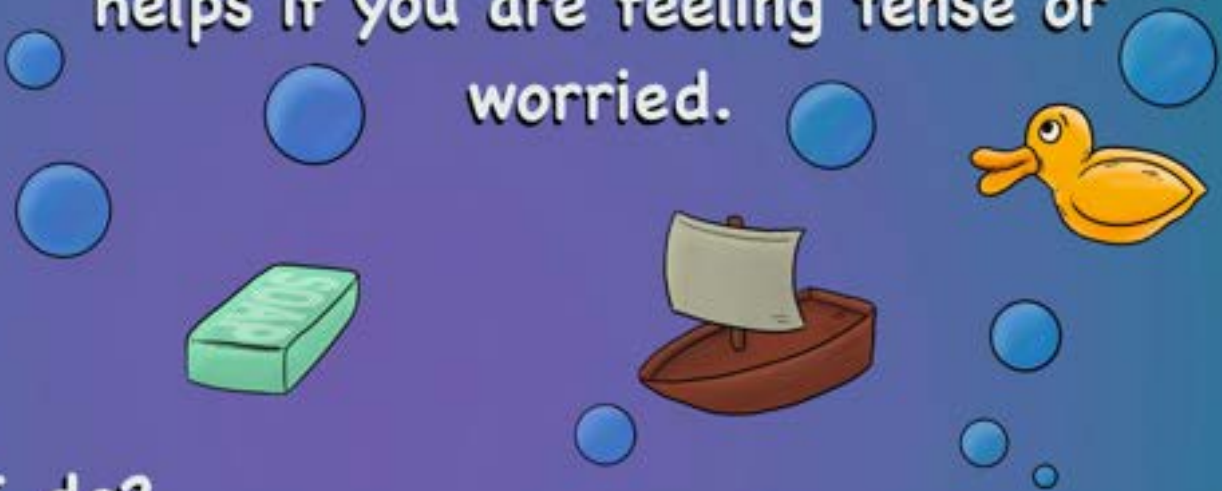


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HOW DOES  
THIS MAKE  
ME FEEL BETTER?



Warm water (not too hot) calms the body and relaxes your muscles which helps if you are feeling tense or worried.



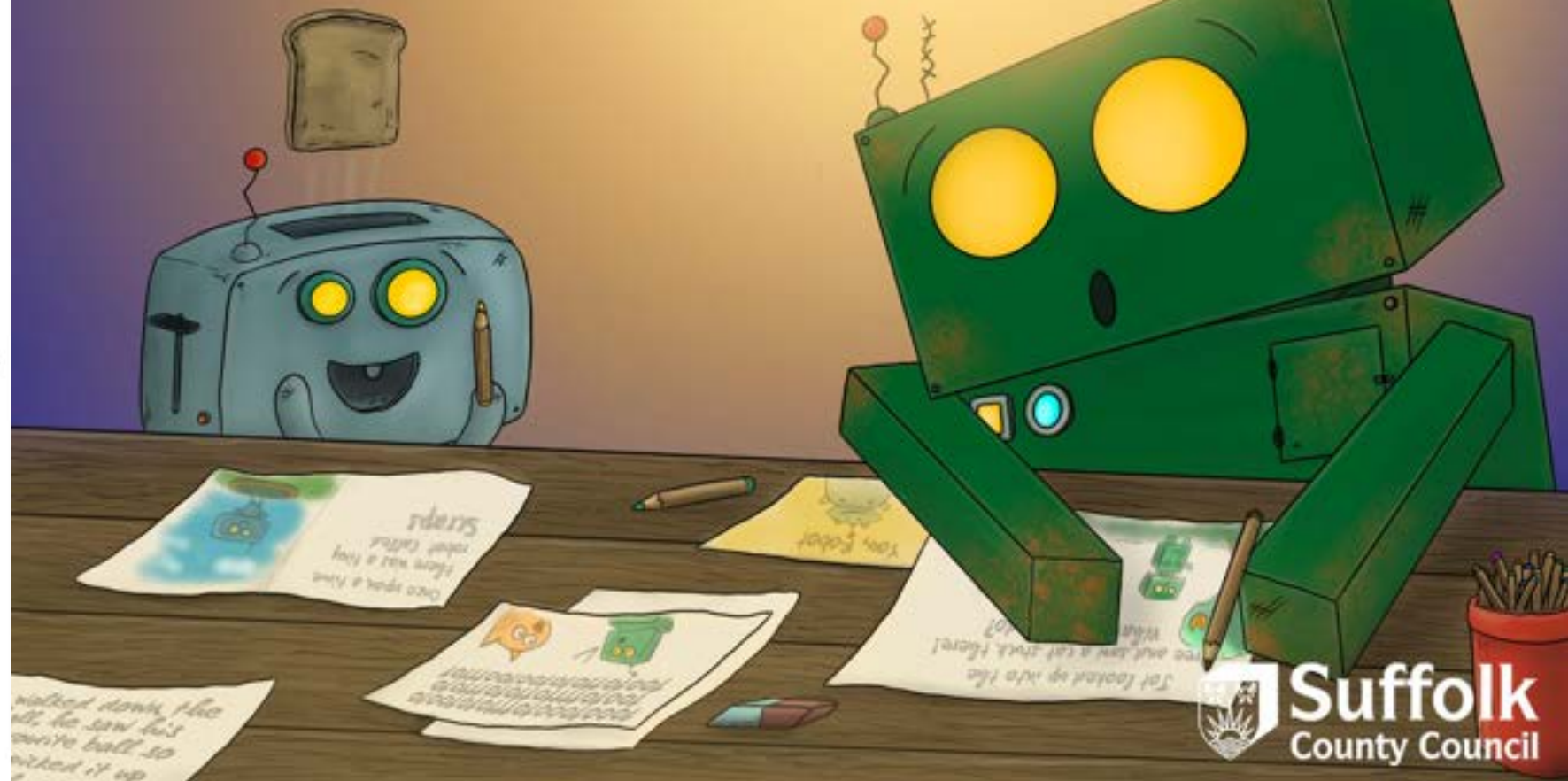
What could I do?

- Give yourself the best bath ever! – lots of bubbles, try bath salts, use the softest towels.
- Give yourself the best shower ever! – have a sing in the shower.

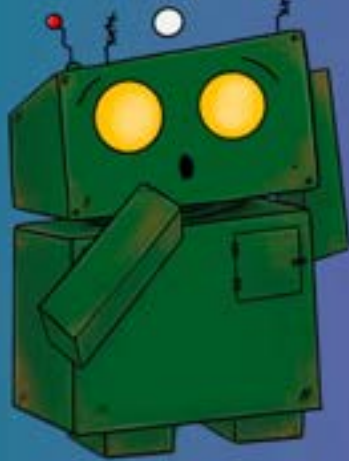




# 15. WRITE A STORY, POEM, OR SONG.



HOW DOES  
THIS MAKE  
ME FEEL BETTER?



Writing a story, poem, or song  
helps us to capture our  
thoughts and feelings.

Telling your story can inspire others  
who maybe feeling the same  
way you are.



What could I do?

- Write about how you feel.
- Write about something you like or find interesting.
- Write about something you have experienced recently.