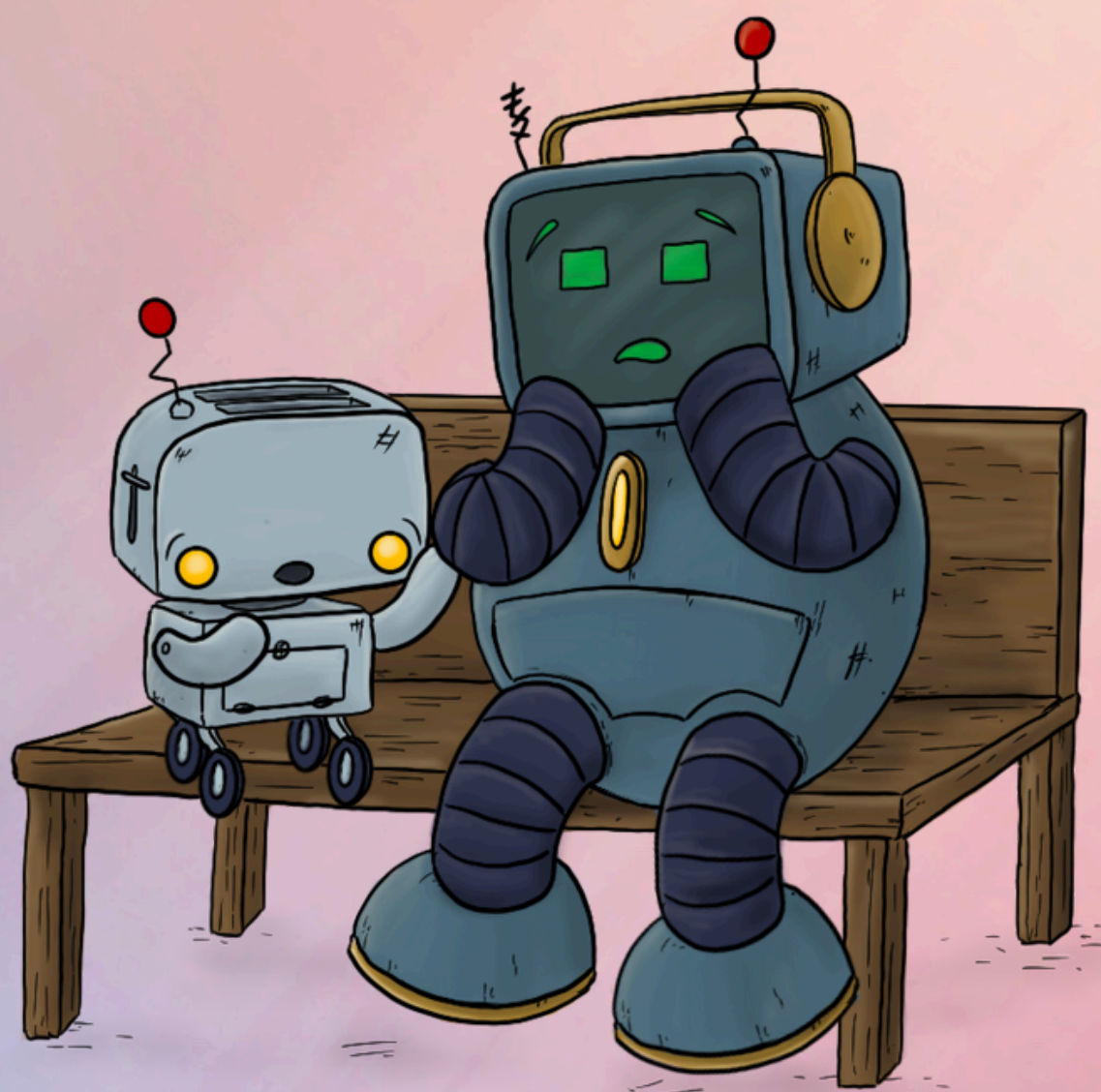


JOT THE FRIENDLY ROBOT

TELL SOMEBODY HOW YOU ARE FEELING.

**IT'S GOOD TO BE
OPEN AND SHARE HOW
WE ARE FEELING.**



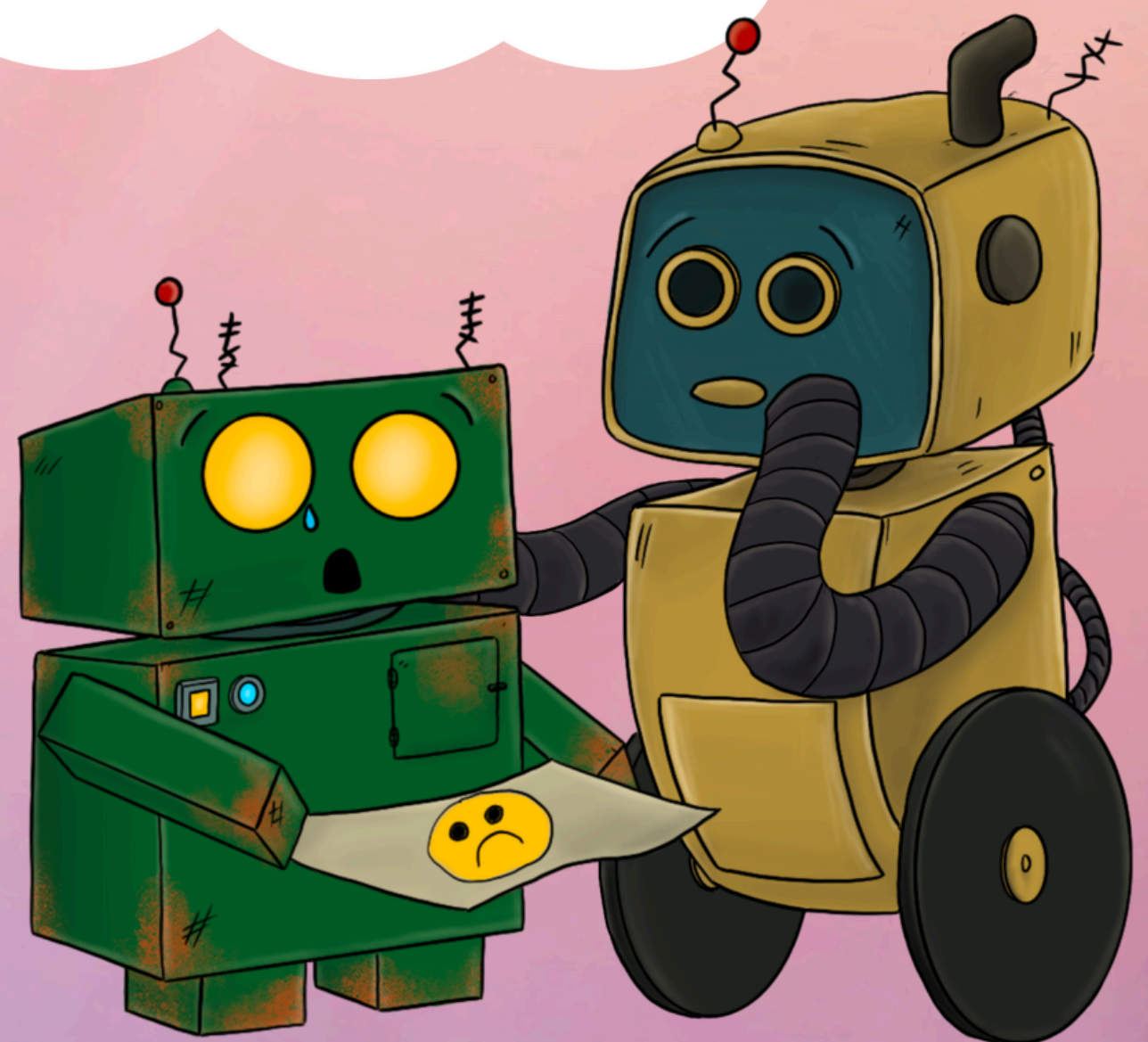
**LETTING YOUR FEELINGS
OUT HELPS YOU TO GET
RID OF WORRIES OR SAD
FEELINGS.**

**TRY TALKING TO A FRIEND,
FAMILY MEMBER OR
TEACHER ABOUT HOW YOU
ARE FEELING.**

**FOR MORE JOT THE ROBOT
RESOURCES PLEASE VISIT:
WWW.SUFFOLK.GOV.UK/JOT**



**OR SCAN THE
QR CODE.**



**JOT HAS DRAWN A PICTURE TO SHOW
THAT HE IS FEELING SAD TODAY.**