

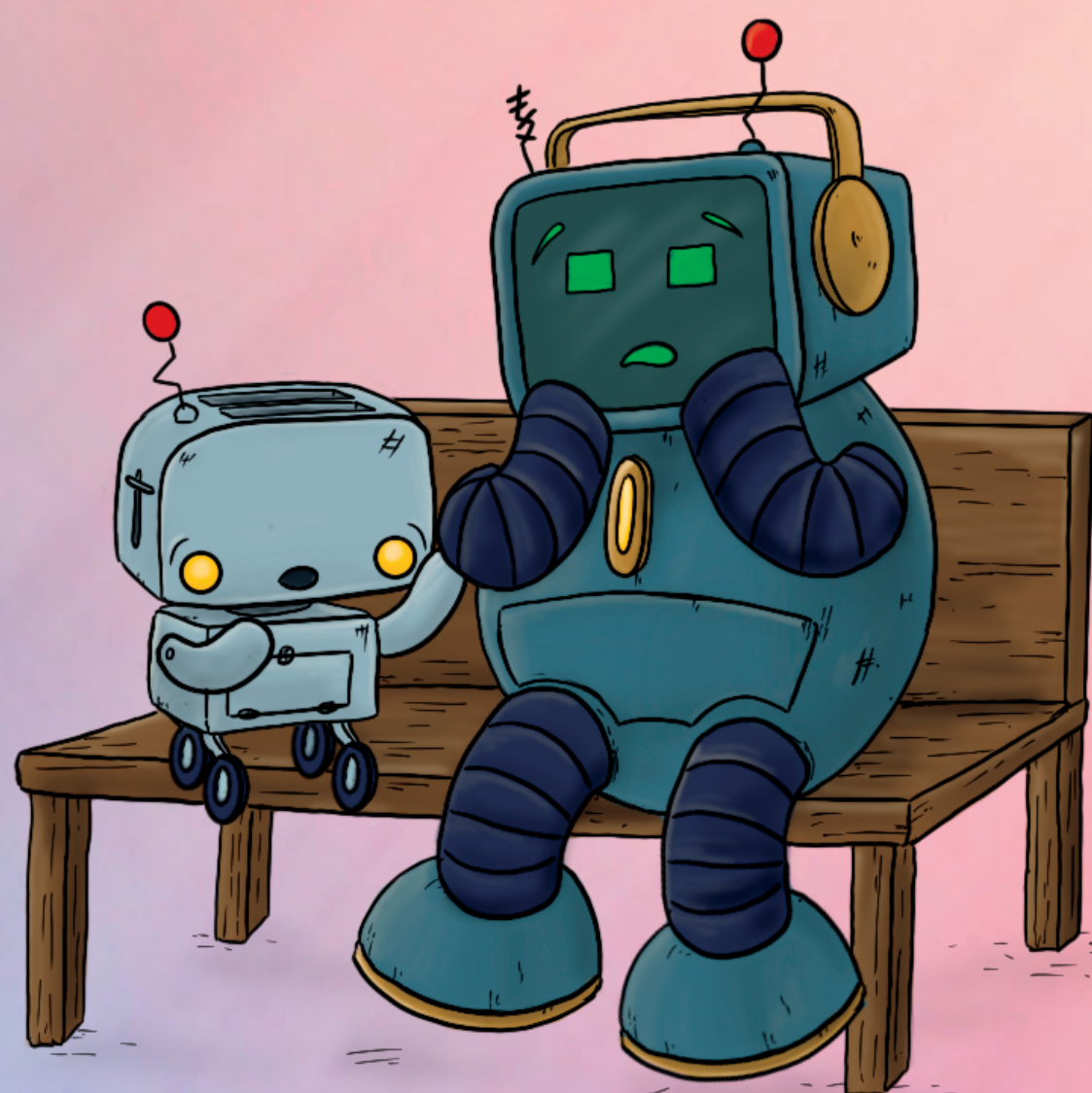
JOT THE FRIENDLY ROBOT

SCHOOL NAME.

TELL SOMEBODY HOW YOU ARE FEELING.

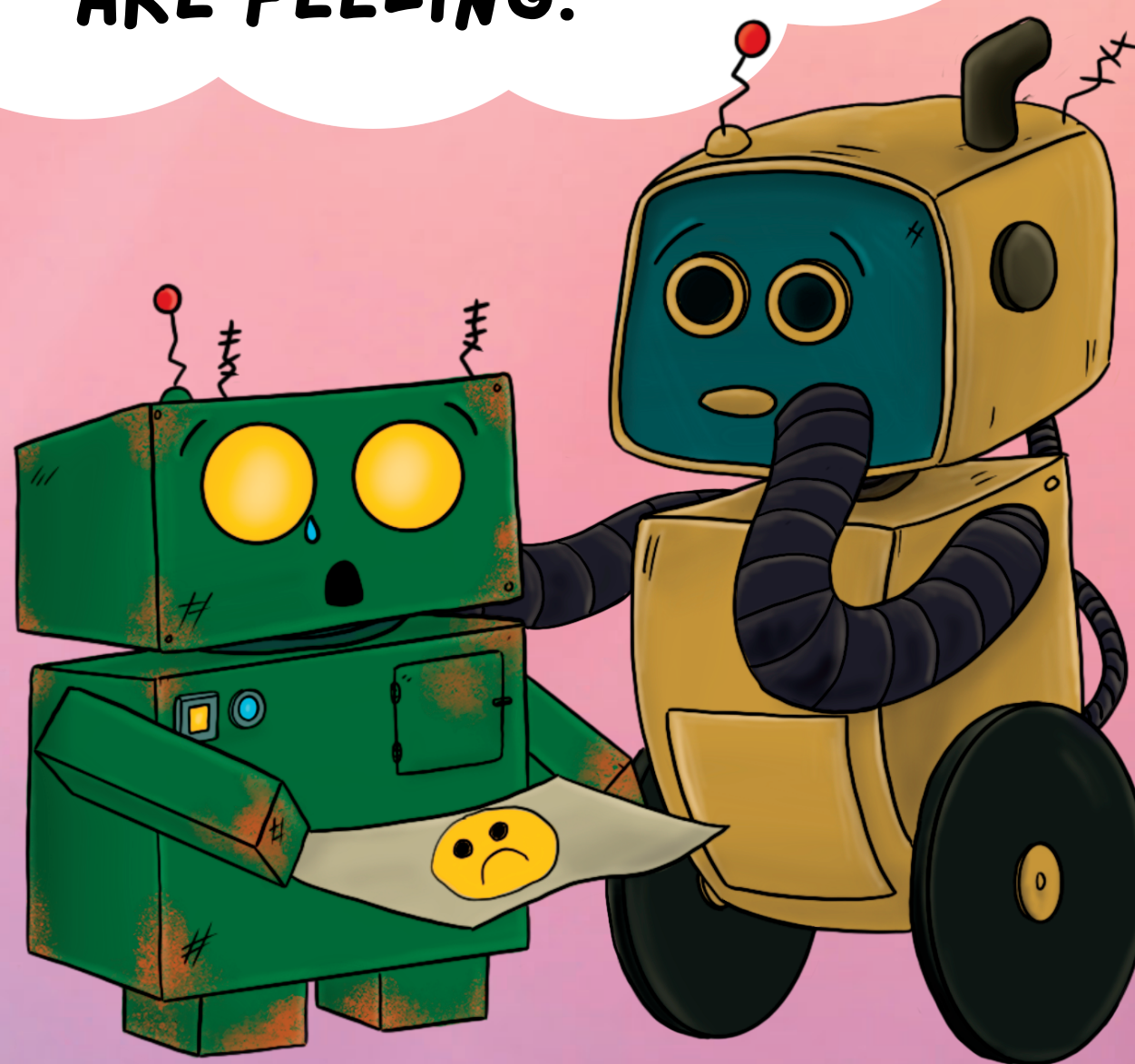
IT'S GOOD TO BE
OPEN AND SHARE HOW
WE ARE FEELING.

LETTING YOUR FEELINGS
OUT HELPS YOU TO FEEL
BETTER AND GET RID OF
WORRIES OR SAD
FEELINGS.



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

IF YOU ARE FEELING SAD OR
WORRIED IN SCHOOL YOU CAN
SPEAK TO:



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

JOT THE ROBOT CREATED BY @JGMINDDOODLES