



I AM STRONG!

It's OK to feel worried, if something keeps worrying you, try...

Talking about it

Writing it down

Drawing it

Share your worries with someone you trust, like a parent or teacher.

JUST BREATHE

Feeling worried?

Take a slow, deep breath while counting to three in your head.

Now breathe out slowly while counting to three.

Do this a few times. You should feel a little calmer.

I CAN DO THIS

Feeling worried?

Colour me in for 5 minutes... How do you feel now?

It might help to talk things through with someone.

People care about you and are here to listen.

