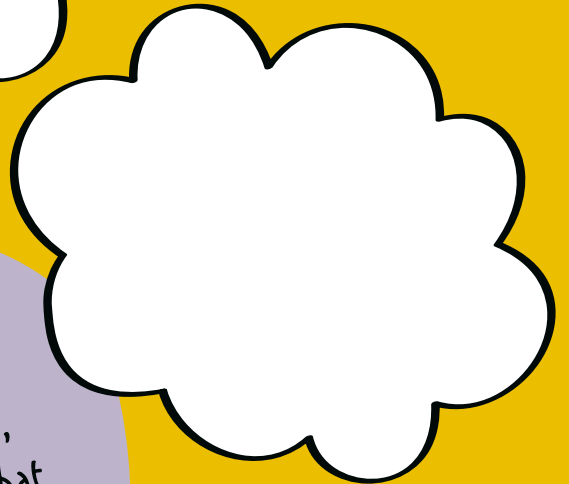
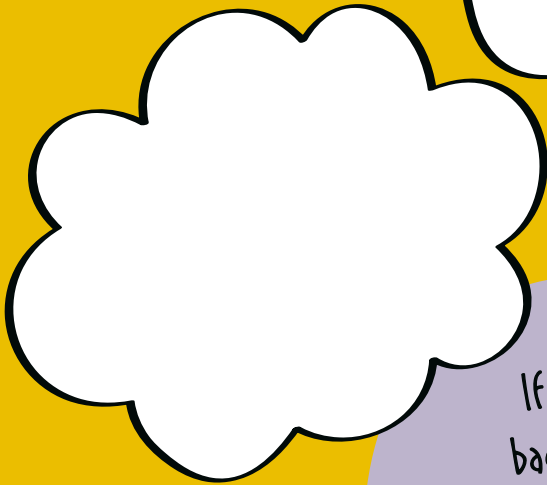
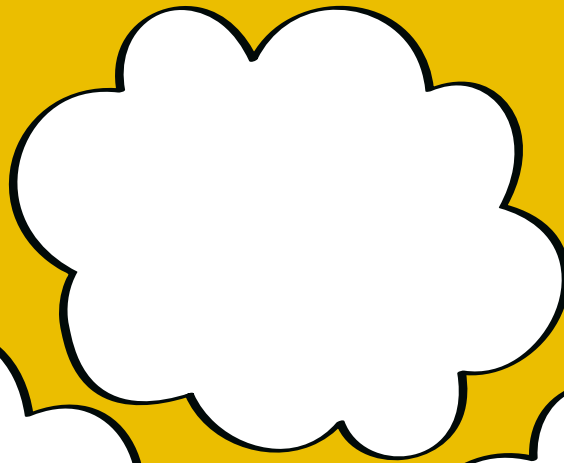
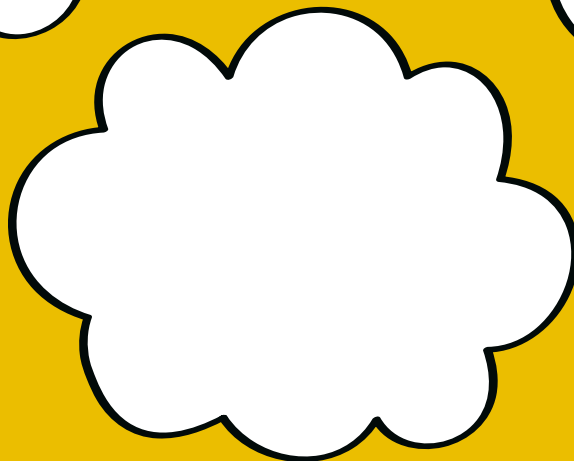
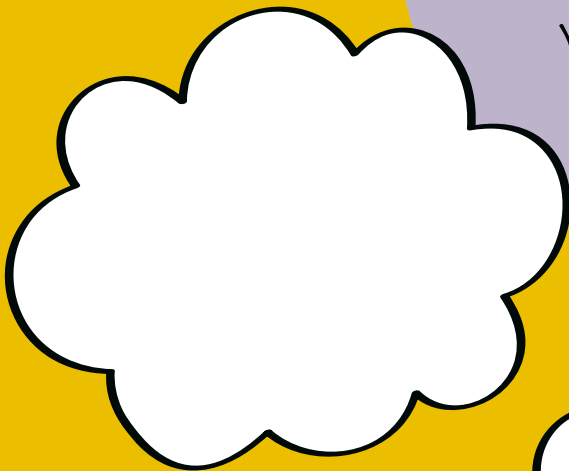


Feeling Good



If you've had a bad day or you're feeling a little bit low, think of a few things that you can do to make yourself feel better



Feeling Good

Give examples of self-care activities that are achievable for that child.

Talk about why self care is good for you, both physically and mentally.

Discuss when they can do these and to include them into their daily or weekly routines.

Child can take this activity home to refer back to.