



Talk to someone who cares; a friend, a relative, a professional, a helpline.



Think about a time you felt like this before and do what you did then to help you feel better



Write down or draw a picture of how you feel



Colour in a picture, looking closely at the marks you make



Think about making things better.

Ten things to try when you feel sad.



Have a long hug with parents



Take some deep breaths and breathe out slowly



Read a book



Have a long bath, splashing around or relax



Going on walks with family