

Talk it through

Share how you feel with a family member, a teacher, a friend or someone else that you trust.

You could tell them about how proud you are of something or you could talk through any worries you have.



Shred it!

Try writing worries or negative thoughts down on a piece of paper and shredding them!



Clear the air...

Go outside and get some fresh air. You could go for a walk, a jog, a bike ride, play in the park or just watch the clouds go by.



Rock Out!

Listen to your favourite songs! Dance, sing, rock out or just listen and enjoy!



Memes!

I have a collection of AWESOME memes for every occasion. If you think these will help, choose this card.



Wee note...

Need a wee note of positivity, kindness and encouragement? Or a terrible joke? Choose this card and I will write a wee note for you!



Doodle it!

Doodle or draw something. How about a pizza loving cat or a lama with a pineapple for a head? Take some time to doodle.



Make a fort

Make a blanket fort or a den outside!



Get creative!

Do something you really enjoy! You could make something for yourself or someone else, paint, code, invent, test! It's your choice.



Take a break

Take a break from everyone and everything. Have some quiet time.



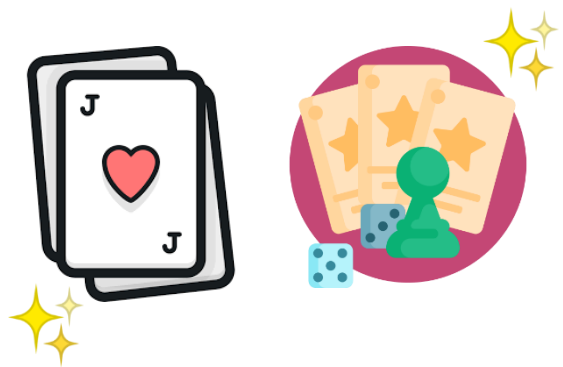
Mindfulness

Listen to a mindfulness app like Headspace or Calm. This can help you relax when you aren't feeling great.



Play

Play a card or board game with someone.



Read

Take some time out to read a book, graphic novel or magazine. You could even listen to an audiobook too.



Chill

Lie down and chill on a beanbag / chair / sofa / bed for 10 minutes.



Cuddle

Give someone a cuddle. It could be a pet, a friend, a family member or a teacher.



Mindfulness jar

Create a mindfulness jar using water, glitter and dish soap. Shake it and watch the magic happen!



Laugh and laugh some more!

Watch some funny videos on YouTube. Animal ones are my favourite!

Tell some jokes or ask a friend, family member or teacher to tell you some!



Bubbles

Blow some bubbles. Watch them fall and blow away in the wind. Or try to catch as many as you can!

