

What can I do when.....?

When I feel frightened.

I could
• think of something happy

When I feel sad.

I could
• cuddle/hug someone I love

When I feel angry

I could
• go for a walk

When I feel nervous.

I could
• take a deep breath

When I feel lonely.

I could
• write a letter to a friend

Now I feel

HAPPY!

WALK
WAY

HUG
ME!

HAPPY!!

