

# If I am feeling worried, I can...

Try breathing  
slow and steadily

write down my feelings

Do a quiet, relax-  
ing activity

Think what advice  
would I give someone  
who felt the same way



Go outside and  
get some fresh air

Listen to some mu-

Talk to an adult  
about my feelings

call a friend

Think positive thoughts like  
'I can do this' or 'It will be