

Ways to feel better

Use this sheet to help your child to come up with ideas to feel better when they have difficult feelings.

Talk about a time when your child has had a difficult feeling – sad, angry, annoyed, jealous or scared. Discuss different things they do to help themselves feel better using the suggestions below as a prompt.

Ask children to choose their top three strategies, perhaps drawing or writing one we haven't thought of!

Keep this on display at home so when children have a difficult feeling they can help themselves to feel better.



Dance to your favourite song



Have a drink of water



Do some colouring



Smell your favourite smell



Hug a toy



Think of a happy memory of your friends/family



Think of the three best moments of the day



Do five star jumps



Ask for help



Take some deep breaths



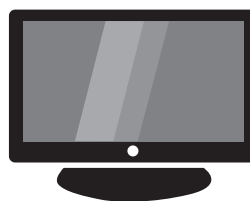
Talk to a friend online



Write down how you are feeling



Think of a happy time



Watch television



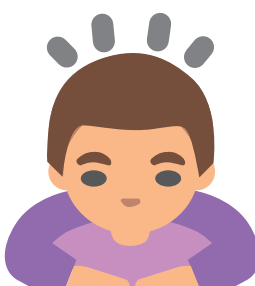
Imagine your favourite place



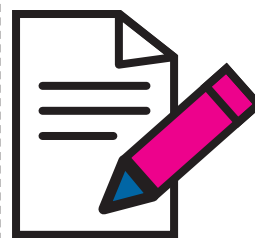
Think of three solutions for your problem



Have a nap



Say you're sorry



Make a list of things you are good at



Do a full body stretch