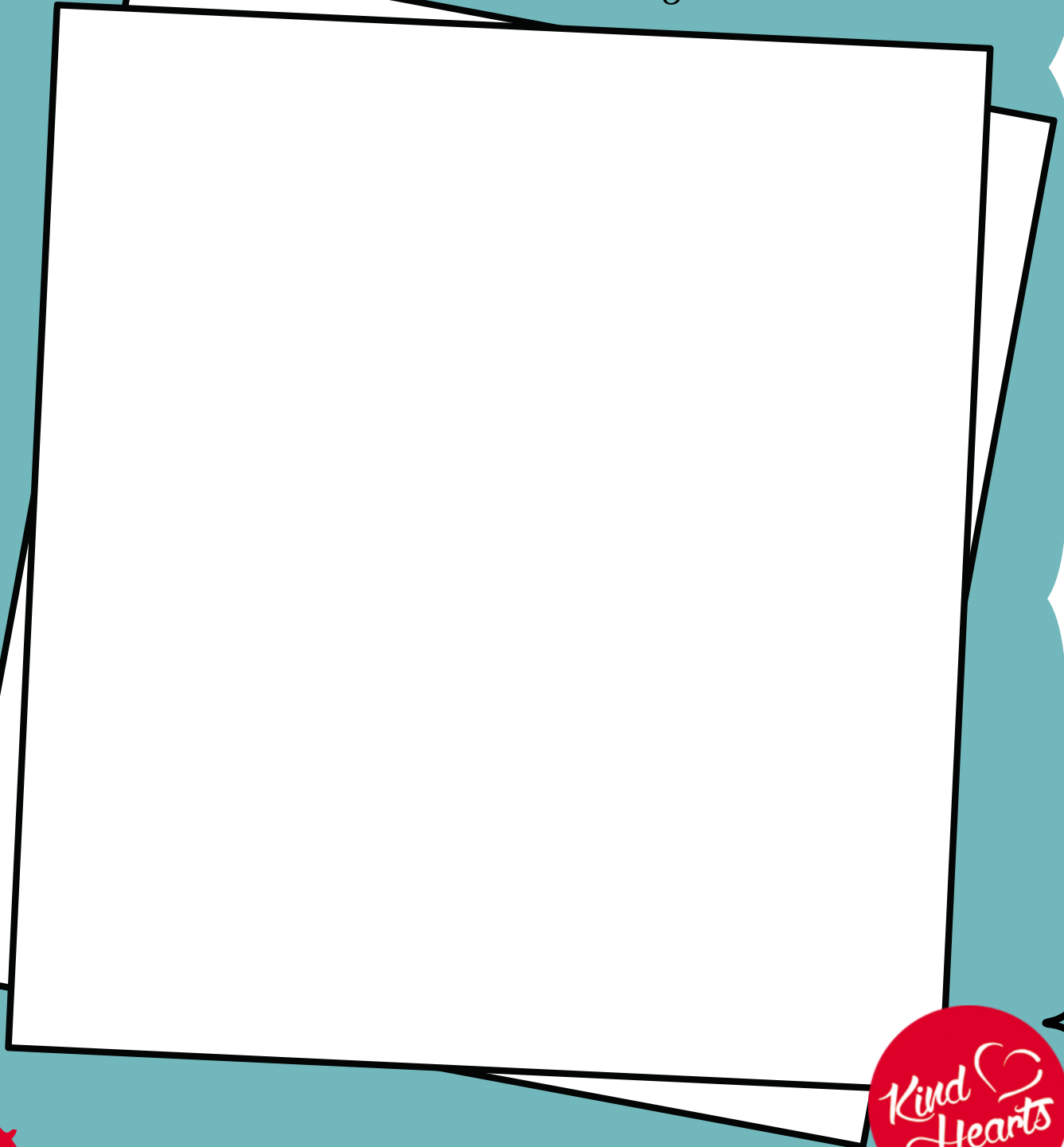


Kindness to Myself

We all feel down or angry at times - that's ok. if we deal with it in a good way. We need to be kind to ourselves and find things that make us happy or make us feel good when we are down.

List some things that you could already do to make yourself feel better when needed, maybe reading in the sun or biking.

Make yourself a poster with your feel-good solutions on it.



Kind
Hearts