

How are you feeling today?

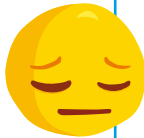


If you are feeling upset or worried please tell your teacher. They are there to help you.

Here are some top tips to make you feel better too!

It's ok to not be ok

Everyone needs help sometimes. It's ok to feel sad, but you must tell someone if you do.



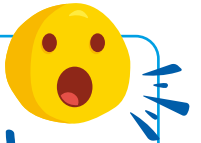
Take care of yourself

Spend some time every day doing something that will make you smile.



Stay connected

It's important to talk to people who you trust about your feelings.



Be positive

Think of something that you are looking forward to and focus on that.



Get enough sleep

Plenty of sleep will help you feel better and think more clearly.



Be kind

Be kind to everyone, and don't forget to be kind to yourself too!

