

**C**

**Can you draw or write down things that make you feel calm?**

For example, a happy place, your favourite hobby.

**A**

**Are you feeling worried or upset?**

It's okay if you do and it's good to tell others how you feel.

**L**

**Listen to the thoughts in your head and how your body feels.**

**M**

**Make a list of things you enjoy doing to help yourself feel better.**

**E**

**Everyone feels worried sometimes.**

When you've felt worried before, what helped you feel better then?

**R**

**Remember to keep talking to an adult at home about how you're feeling.**