

WRITE ABOUT YOUR  
DIFFERENT FEELINGS



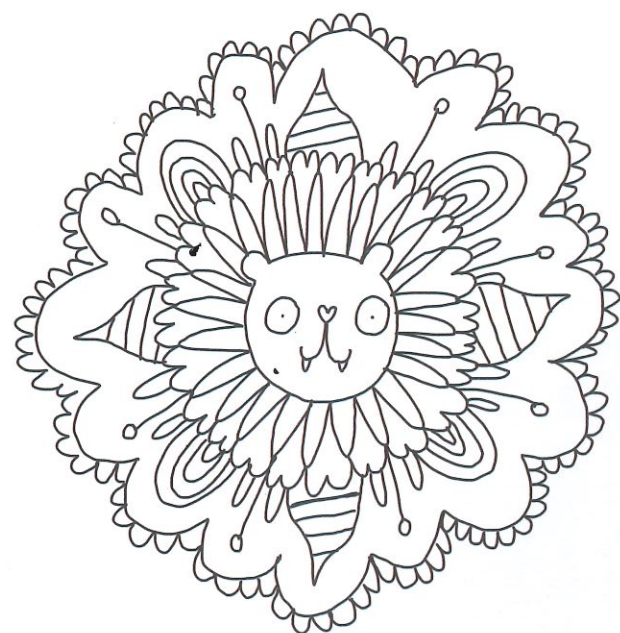
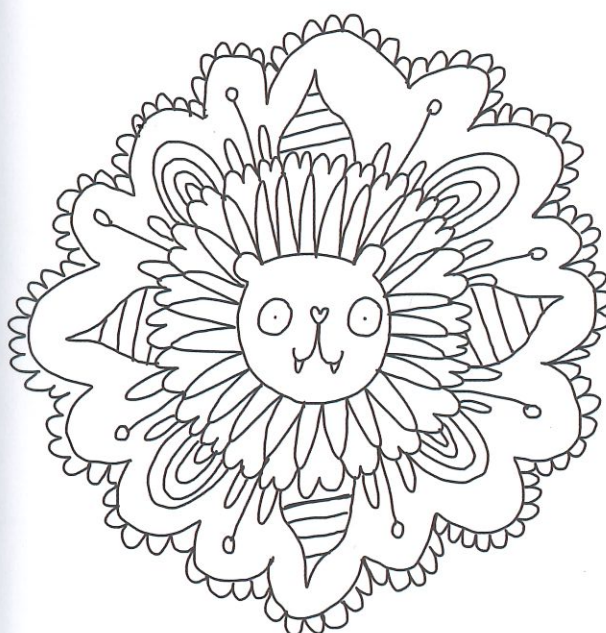
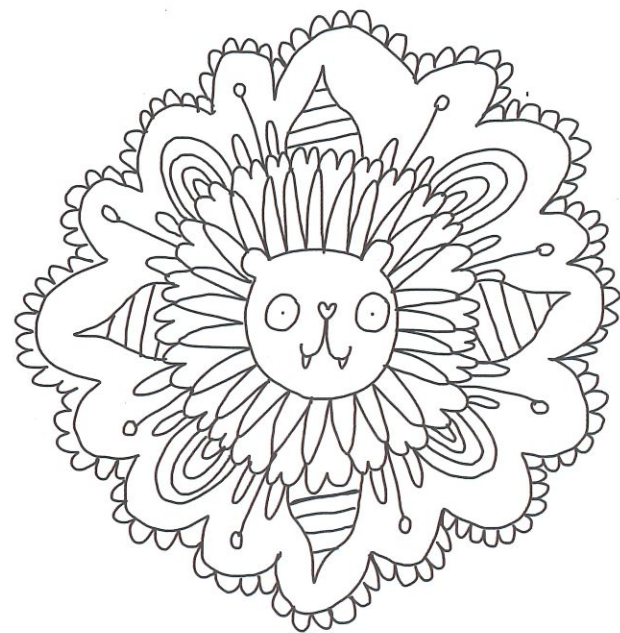
When I feel sad I...

When I feel **ANGRY** I...

I am thankful for...

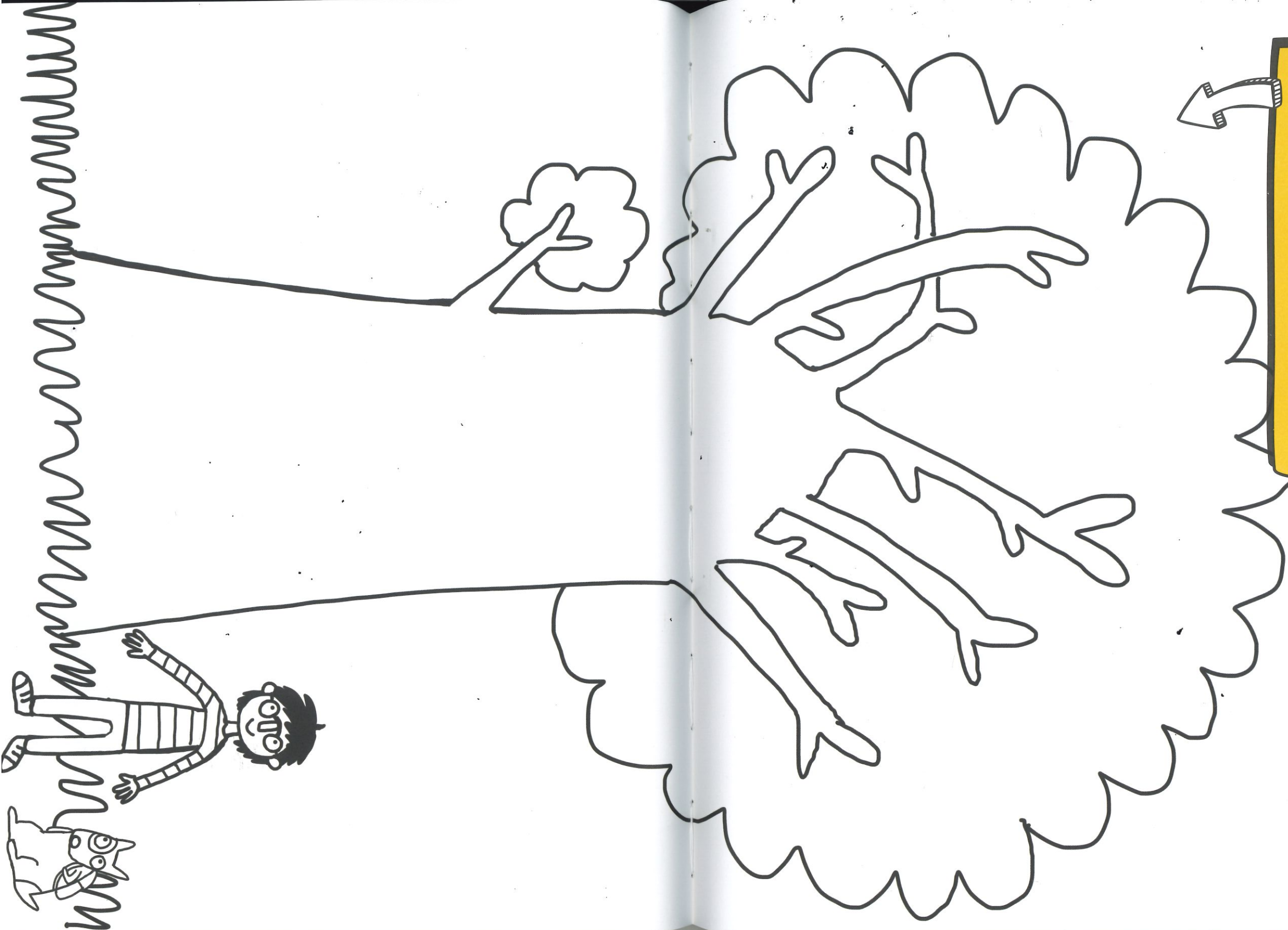
When I feel happy I...

COLOUR THESE IN





Write down all the things that are important to you.  
You could write the most important things at the  
trunk of the tree and then work your way up.



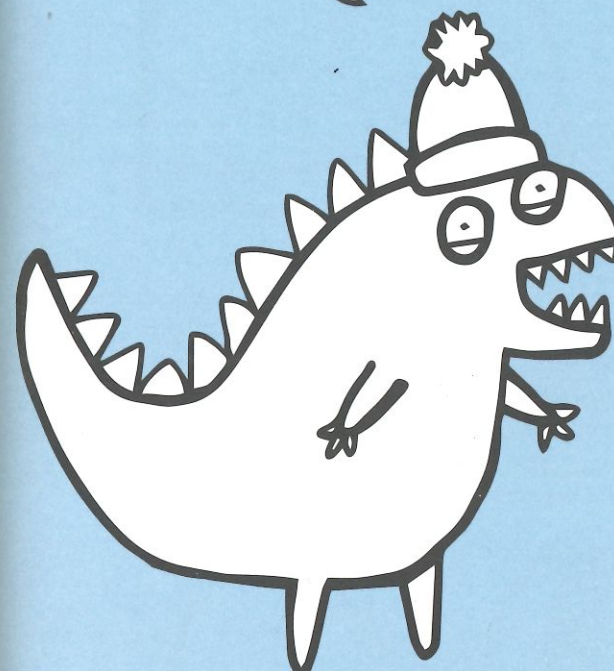


## MORNING MANTRAS

Rather than thinking about your worries, it helps to focus each day on what you want to achieve instead. You can say these as morning mantras. Here are some suggestions, but you can make up your own. Then, at the end of the day, think about which of your mantras you achieved or how you could do better tomorrow.

Today, I will help  
a friend.

Today, I  
will learn  
something  
new.



Today,  
I will  
be kind.



# THE WORRY BUS

Put a worry in each window (as many as you want) and send the bus off into the distance, taking all your worries with it on a one-way journey, never to return.

Where is your bus going?  
What will you notice  
when all your worries  
have left?

