

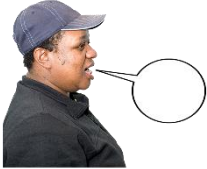


What helps you to feel good?

| | Activity idea | Your answer? |
|---|---|--------------|
|  | <p>These are my three favourite songs to listen to</p> | |
|  | <p>This is my favourite film or programme to watch</p> | |
|  | <p>These are the people I can speak to or spend time with</p> | |



This is something
that makes me
smile



This is something I
can do to stay
active



This is something
new I would like to
learn



This is something I
can do to help
other people



This is something I
can do to get a
good sleep at night

| | | |
|--|---|--|
|  | <p>This is my favourite healthy food to eat</p> | |
|  | <p>This is something I can do to relax</p> | |
|  | <p>These are three things I am proud of</p> | |

