

# When you're feeling worried...



Try breathing slowly and steadily



Try jumping up and down on the spot



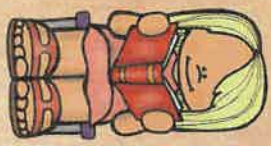
Try and think happy thoughts



Listen to some relaxing music



Relax on a beanbag or cushion



Read a story



Share your worries with a friend



Try some mindfulness or yoga



Go for a walk



Spend time with a friend



Write down your feelings



Talk to an adult about how you feel