

TAKE CARE OF YOURSELF!

As well as being there for your friends when they're having a hard time, it's important to know things you can do to make yourself feel better when you're feeling down.

Look at the pictures below. Talk with your friends about which of the activities you might choose to do to make yourself feel better when you're down. List the activities from favourite to least favourite. Could you use this list as a reminder of good things to do when you're having a hard time?



PLAY SPORT



BAKE



PLAY GAMES



WATCH TV



RELAX WITH FAMILY & FRIENDS



DANCE



DRAW, PAINT, WRITE OR READ



GET SOME FRESH AIR



LISTEN TO MUSIC