



There are other things we can do to let our feelings out, such as writing them down or drawing a picture.

What would you do to help you let your feelings out?



We can do things to help us settle and feel calmer. Some people might do some colouring or a jigsaw puzzle and others might go for a walk or play outside.

What would you do to help you settle and feel calmer?



When we have seen, heard or read about an upsetting news story, it can help to think of something about the world that makes us feel good.

What makes you feel good about the world?



Do you have any questions?