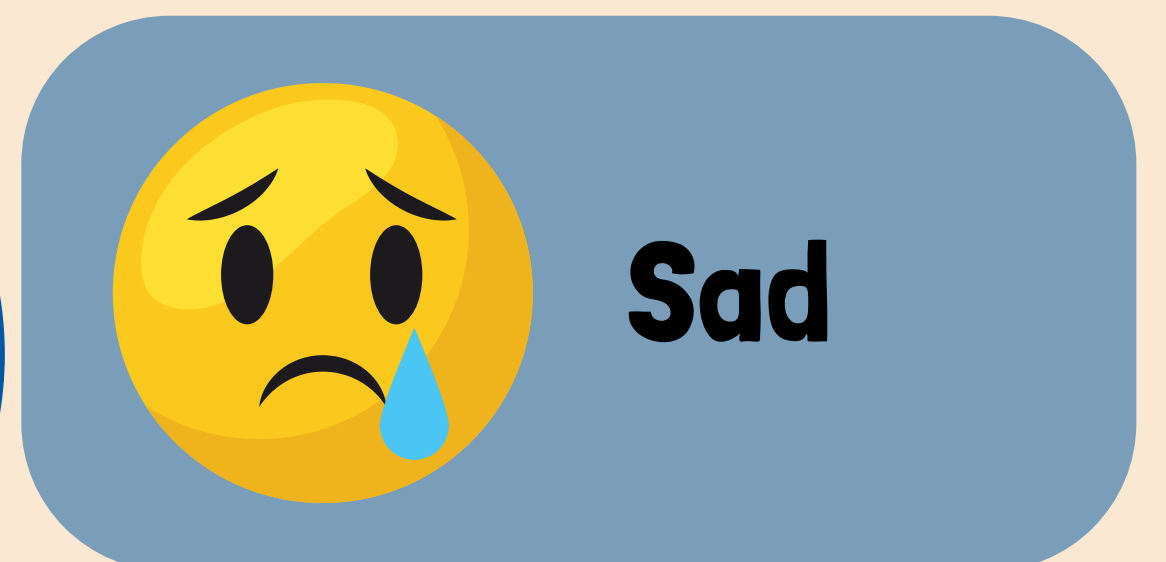
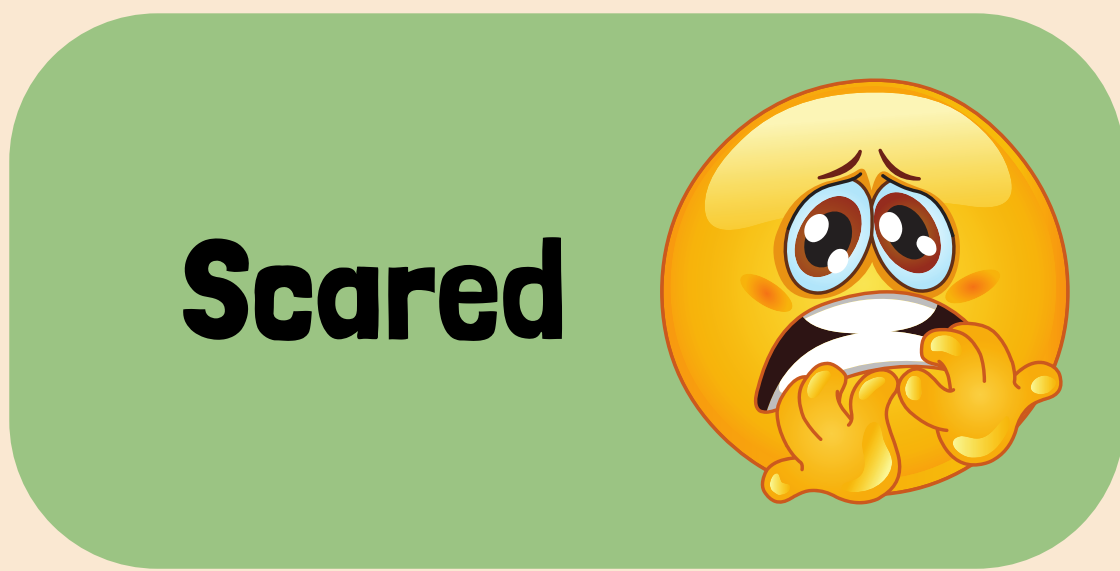


# THE FEEL BETTER CHART FOR KIDS



# THE FEEL BETTER CHART FOR KIDS

1. Breathing exercises
2. Progressive muscle relaxation
3. Walk in nature
4. Listen to favourite song
5. Squeeze a stress ball



**Scared**



1. Breathing exercises
2. Talk to grown-up about feelings
3. Progressive muscle relaxation
4. Ask for a hug
5. Play favourite game

1. Ask for a hug
2. Talk to grown-up about feelings
3. Colouring/Drawing
4. Help grown up make your favourite snack
5. Watch your favourite show/movie

