



Five ways to help you feel good

**CONNECT**  
with friends, family, animals and nature



**KEEP LEARNING**  
new things



**TAKE NOTICE**  
of things around you



**BE ACTIVE**  
– and have fun



**GIVE TO OTHERS**  
– a kind word or helping hand



## FEELING A BIT WORRIED?

Try these to help you feel more calm and focus your mind:

### SEE A RAINBOW

Think of something you like that is...

- red      ● green
- orange   ● blue
- yellow   ● purple

### TRY SOMETHING NEW

Writing a journal or painting can help you express your feelings.

### BE YOUR OWN BEST FRIEND

What would you say to a worried friend? Try telling yourself the same!

There are lots of different ways – find something that helps you.

**Remember to speak to a grown-up you trust if a worry isn't going away**

[charliewaller.org](http://charliewaller.org)

We provide mental health training, resources and consultancy with a focus on children and young people.

The Charlie Waller Trust is a registered charity in England and Wales 1109984.

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