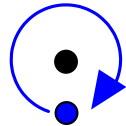




Well-being



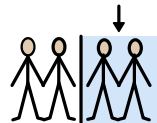
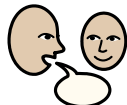
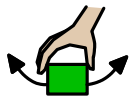
Symbols



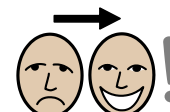
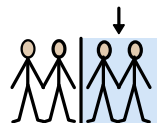
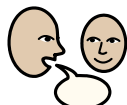
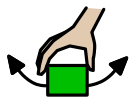
Here are some symbols about well-being.



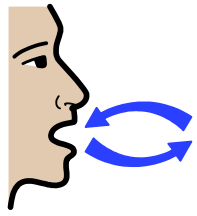
You could:



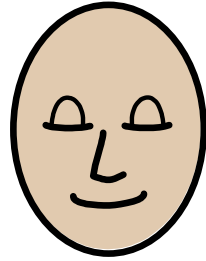
• use them to tell other people how you feel.



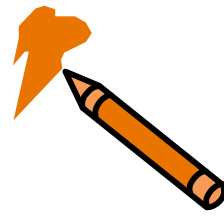
• use them to tell other people what might help you feel better.



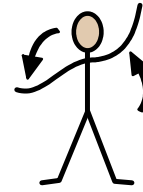
breathing



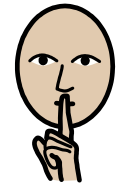
calm



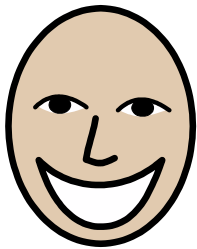
colouring



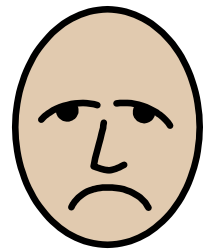
movement



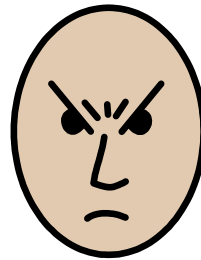
quiet space



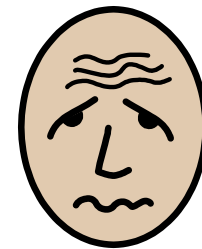
happy



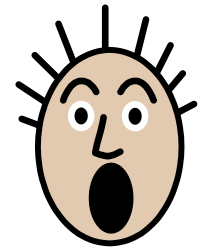
sad



angry



worried



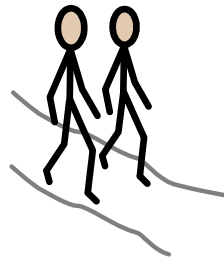
scared



talk to an adult



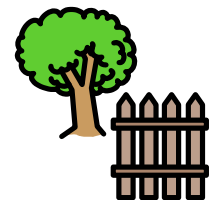
listen to music



walk



sleep



go outside