

Survive, thrive, revive

Be happy



Air High five

Remember that you need to keep your distance from others to stop the spread, but it doesn't mean you can't be friendly

Be kind

Ask others how they are feeling. Do something nice for them and show you care.

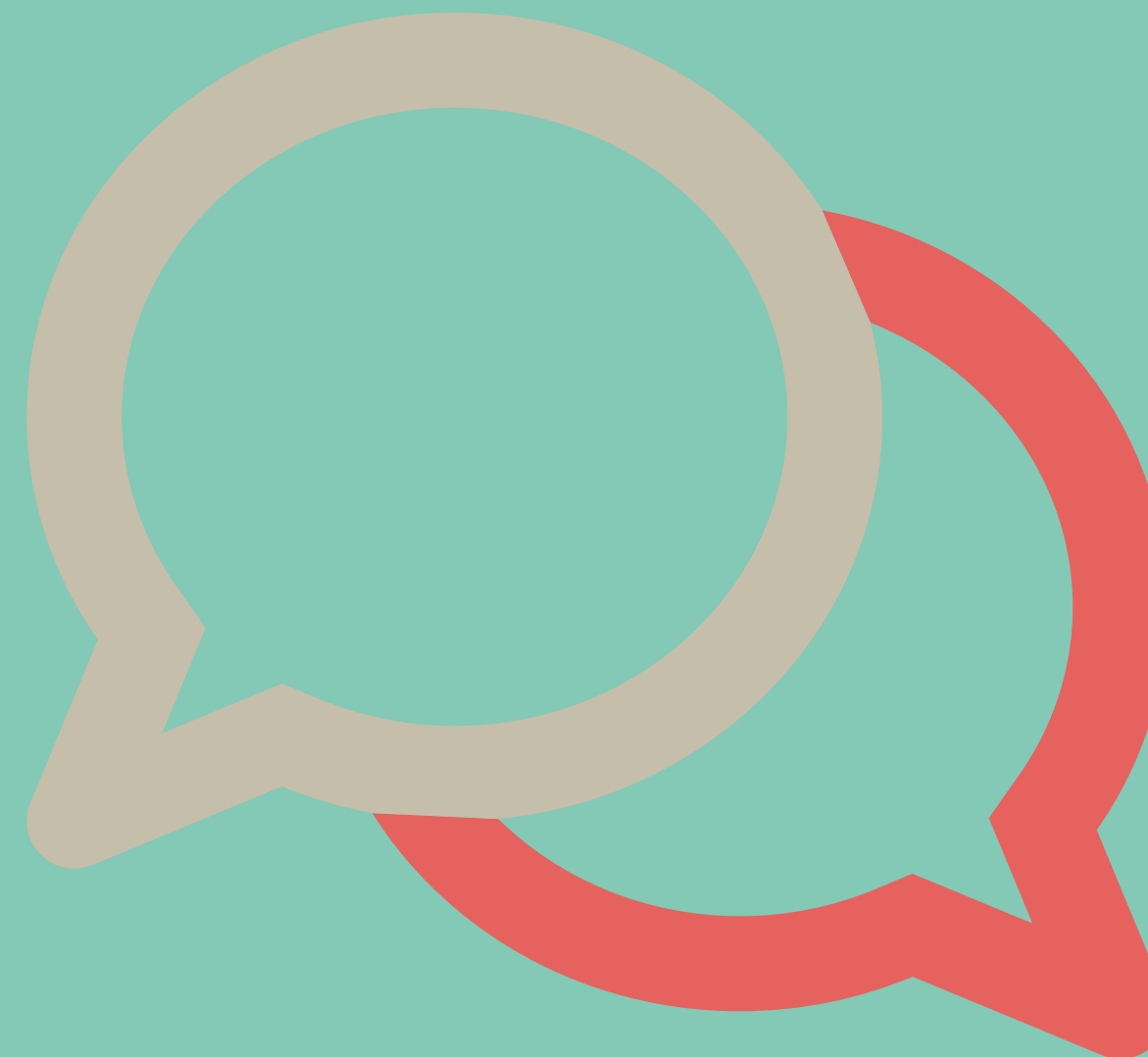
Laugh

Find some things every day that make you smile and laugh.



Ask for help

If you have questions you need answers to - ask your teacher for help



Thoughts, feelings and Actions

Your thoughts can sometimes trigger feelings that make you react in a certain way. Talk about how you can change this pattern of thinking if it is causing you to be anxious or angry

Talk about your worries.

It's fine to feel wobbly. Talk to your teacher about how you are feeling. Write it down or draw a picture if you want.

If you are feeling anxious

Take a deep breath in and count to three and breath out slowly. Focus on what's around you

