

6 Tips to Feel Your Best



BREATHE

Taking deep breaths will help you relax!



LET IT OUT

Share how you feel with a teacher, parent, a trusted adult, or friend.



MOVE

Get the wiggles out! Dance, jump, move!



LAUGH

Laughter helps your mood!



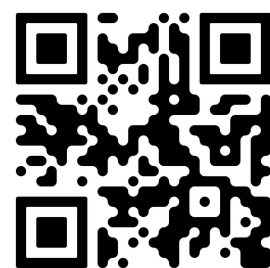
GET CREATIVE

Draw, paint, make something with LEGOs or color.



CONNECT

Talk to or play with a friend.



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