

Tuesday 2nd February

L.O. To consider our thoughts and feelings, and how we can cope with worries.

## **We all worry, you are not alone!**

### **Thoughts we all have**

- I'm scared
- **Why do I feel like this?**
- I don't know what to do
- **I am upset and frustrated**



### **What we can do**

- **Take a deep breath**
- Write down how you feel
- **Talk to someone you trust**
- Do things you enjoy
- **Think of happy things**
- Try yoga



**Keep Trying**

