

Sometimes, when we're feeling low or having lots of negative thoughts, we need to do things that make us feel better. We might not want to, but it's a good way to help to change our mood. Planning what we will do while we are in a 'good' mood can help us later on.

What will I wear to feel better?



Where will I go to be safe?

A large, light green rounded rectangle intended for writing a response to the question 'Where will I go to be safe?'.

How will I manage my emotions?

A large, light pink rounded rectangle intended for writing a response to the question 'How will I manage my emotions?'.

Who will I speak to?

A large, light yellow speech bubble intended for writing a response to the question 'Who will I speak to?'.

What can I do on my phone to help me?



MoodGym



HappiMe

