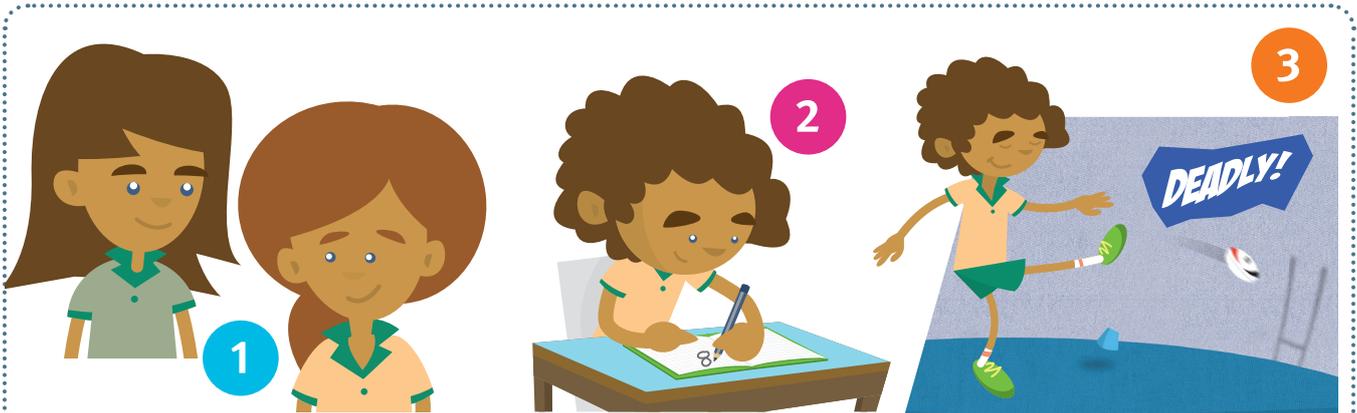




# Feeling happy and safe

Sometimes you might feel worried or sad. Many kids feel the same way. These tips might help you to feel better and to stay strong and Deadly. Remember, you can always ask for help if you feel worried or have a problem.



## 1 Yarn with your friends and mob.

Your family or an adult can help you contact them.

## 2 Do something that makes you feel strong and Deadly.

You could read a book, do some artwork or listen to music.

## 3 Get lots of exercise.

Try kicking a ball or dancing.



## If you feel worried or sad, talk to a safe person.

If you feel worried or sad, which three people could you have a yarn with? Your teacher can be one of them.

Write their names below.

.....

.....

.....



## Remember

You can always yarn about your problems with your teacher.

Alternatively you can call Kids Helpline any time if you need help or want to talk to someone.



**1800 55 1800**

**WebChat**  
**kidshelpline.com.au**

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