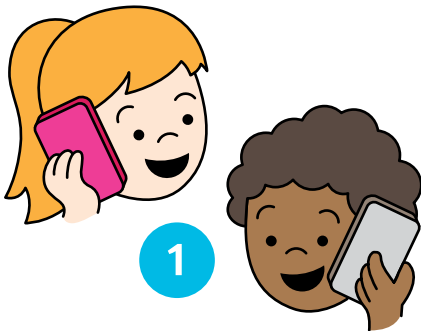


# Feeling happy and safe

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



## Talk to your friends.

Your parents or carers can help you contact them.



## Do something that makes you feel good.

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



## Get lots of exercise.

Try kicking a ball or dancing.



## If you feel worried or upset, talk to a trusted adult.

Think of three adults you can talk to if you have a problem. Your teacher can be one of them. Write their names below.

.....

.....

.....



## Remember

You can always talk 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](https://www.kidshelpline.com.au)