

Sadness Top Tips

Self Care

Take some time to do things that make you feel happier.

Nutrition & Exercise

When we eat good foods and move our bodies, it will help us to feel energised and happy!

Talk to Someone

When you are feeling sad make sure you talk to someone you trust about how you feel!

The Right Amount of Sleep

We don't want to sleep too much or not enough! The healthy amount of sleep will help us to work through our sadness.

Spend Time with Others

Have a play with a friend or a family member. Try not to hide away from the people in our lives. They want us to be happy!

Be Creative

Try painting, colouring or using your imagination to express how you feel.

