

**Where would
you go if you
had the**

ANYWHERE DOOR ?



If you could go anywhere, where would you go?

Paint a picture or write a story.

Think about the colours, the sounds, the smells....

Relate

West Sussex

Fill The Jar!



Fill a jar with as many positive thoughts as you can think of. Examples you could write on single pieces of paper might be "I'm good at sport" or "I love my bedroom" or "The flowers smell nice".

When you feel sad, you can pick out a comment to read

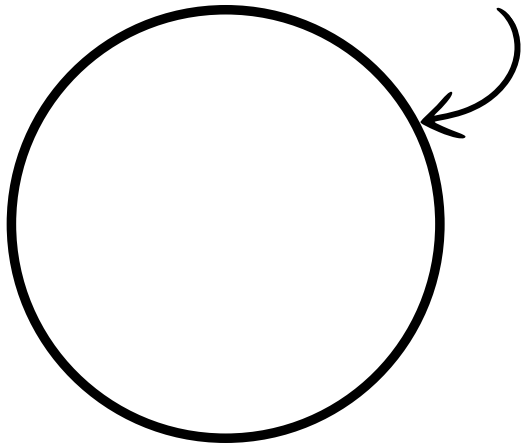
Relate

West Sussex

Understanding and Handling Big Feelings

Look in the mirror. What does your face look like when you feel worried?

Draw it



How does your body feel? Write it

How do you behave?

What do you say?

