



## Feeling good

- When situations around us are unusual or something is making us feel anxious, sometimes it can be difficult to stay positive and feel good. The exercises below focus on ways to help you and your children feel happy and relaxed.

### What you need:

- All you need is to find a quiet space away from any distractions, a piece of paper and a pen or pencil.

### What to do:

- Think about the word HAPPY. Find as many words as you can that are related to the word HAPPY. Write them in a word cloud like the example shown. You can use a dictionary or thesaurus to help you.



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- We all like to be happy but sometimes we don't feel that way and that's ok. There are things that we can all do to make ourselves feel positive and happy. Write a list of 5 or more things you like to do which make you feel happy:
  1. ---
  2. ---
  3. ---
  4. ---
  5. ---
- Talk to your children about what is important for each of you to feel positive and happy.

### Some more ideas:

- If you had to give advice to someone who was feeling unhappy or stressed, what advice would you give them? Do you have one 'top tip' for them?



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