



## Tippy says... Feelings are healthy and you can learn to manage them in healthy ways



### CONNECTING

- Name and share your feelings by talking about them  
"I feel..... because...."
- Listen to the message your feeling is giving you e.g. if you are feeling sad have some quiet time, talk to someone who cares about you or walk barefoot on the grass

### SOOTHING

- Take a bubble bath
- Ask someone to help you with a relaxation exercise
  - Use some hand cream with a beautiful scent
  - Smell some flowers in the garden/ park
  - Belly breathing



### MOVING

- Cry
- Throw some teddies
- Kick a ball against a wall
- Bounce on a trampoline
- Go to the park and run as fast as you can

### DISTRACTING

- Put on loud music
- Watch TV or a YouTube clip
  - Drawing or colouring
- Splash your face with cold water
  - Blow bubbles

