

Ideas to try if I feel...sad



<p>Write a gratitude diary. Every day write down a list of the things that you can be thankful for, for example playing a game with your family, hearing the birds sing, feeling the sun on your face, chatting to a friend, laughing at something funny. When you are feeling down you can read it back to cheer yourself up.</p>	<p>Help a family member to do a task, for example washing the car, doing the garden, making dinner.</p> <p>Helping others makes us feel good inside.</p>	<p>Make a children's joke book. Ask all your family and friends to tell you their best joke. You could research some online too. Write them all up and then perform them to your family.</p>
<p>Wrap up in a blanket and watch your favourite film, read your favourite book or listen to some lively, upbeat music.</p>	<p>Practice Positive Affirmations. These are kind things that you say to yourself to make you feel better. For example:</p> <ul style="list-style-type: none"> I am kind I am happy I am loving I am a good friend I can do it! I am brave <p>Make a Positive Jar, write your favourite affirmations and put them inside. When you feel sad pick one out and say it to yourself loudly.</p>	<p>Ask your parent or carer if you can ring or video call a family member who lives far away or some of your best friends so you can catch up!</p>
<p>Create a picture of the things that make you feel happy. It could be a drawing, painting, collage or anything else you can think of. Be creative!</p>	<p>Do some exercise. Exercise releases the happy chemicals in our brains so can help us feel better.</p>	<p>Have a warm bath and have an early night. When we are tired we can feel irritable and moody so we feel more negative emotions.</p>