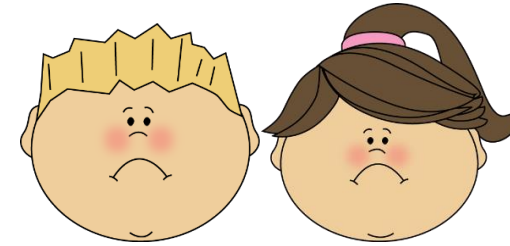


Low Mood

What other things make you happy?



We all feel sad sometimes and that is ok.
We feel sad for lots of reasons.

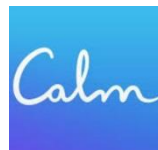


What makes you feel sad?

APPS:



STOP, BREATHE
& THINK KIDS



(Kids section)

These apps have activities to help you relax.

Websites:

<https://www.childline.org.uk/toolbox/>

<https://www.oxfordhealth.nhs.uk/camhs/advice/>



Sometimes feelings of sadness do not go away.

This can stop us from wanting to do things like:



Go to school



Play or have fun



Eat or drink

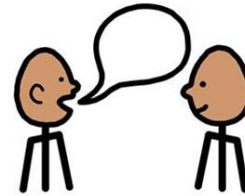


Get out of bed

Here are some activities that you can try, that might help you to feel a bit better:



Make your own special box with items you like to: smell, see, taste, touch and listen to.



Talk to someone you can trust.



Draw or write about why you are feeling sad.



Listen to your favourite music or watch some funny videos.

