



What Helps Checklist



Tick



what helps



me feel



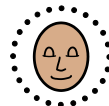
happy,



healthy



and



safe?



Being with my pets



Reading



Listening to music



Going for a walk



Exercising



Calm



colouring



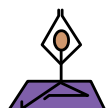
Talking to a friend



Being outside



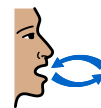
Taking a break



Yoga



Sleeping



Special breathing