

Your happy thoughts

When something very bad happens to someone in your family or to someone else you love, you might be feeling sad, scared or angry. But even on days when you feel down, there's usually something that can make you smile. Whether you ate a yummy cake, played with a friend, or saw a bright rainbow in the sky, write down what made you happy today and share it with the people who look after you.

Talking through your happier times will help you realise that there is a lot to be grateful for and look forward to.

YOUR THOUGHTS

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