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ACTIVITY 4

WHEN PROBLEMS COME YOUR WAY

WHEN THINGS GO WRONG, REMEMBER TO ...

RELAX BE CALM STAY COOL



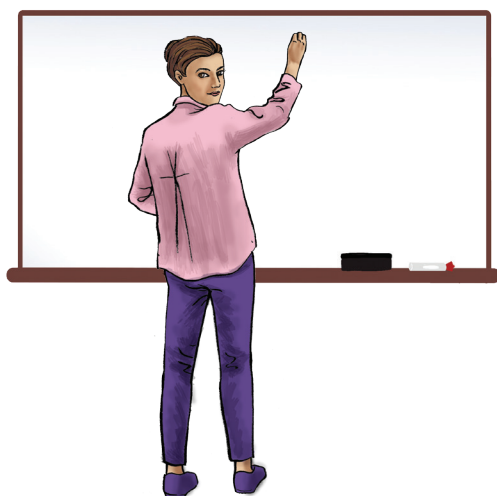
What helps you to stay calm?
Tick the pictures that show the way **YOU** keep calm.



Deep breathing



Read a book



Talk to a teacher
or a parent



Listen to music