To Feel Better and Stay Healthy, Timbi Recommends...

Talk to safe adults, like teachers, or counselors.



- somethings not right...
- Learn to listen when your body says, "Something's not right."
- Take some deep breaths to feel calmer.



♥ Remember to think about a happy place when you feel sad.



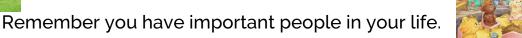
♥ Hug someone you love... or your Teddy.



Meet and play with friends who have a mommy or daddy like yours.



♥ Playing outside in nature can help you feel better.



- ♥ Feel thankful for people, places, and things in your life.
- Remember to have fun and be silly sometimes.
 - Draw pictures of things that make you smile.



Read books. It helps your brain.



▼ And always remember...

You are good...

You are loved...

You are strong!

