

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

- ♥ Talk to safe adults, like teachers, or counselors.



- ♥ 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.

- ♥ Remember you have important people in your life.



- ♥ 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!

