



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

- ♥ Hug your Teddy.
- ♥ Remember you have important people in your life.
- ♥ Remember to think about a happy place when you feel sad.
- ♥ Feel thankful for people, places and things in your life.
- ♥ Play with your friends.
- ♥ Meet and play with friends who have a mommy or daddy like yours.
- ♥ Learn to listen when your body says, "Something's not right."
- ♥ Take some deep breaths to feel calmer.
- ♥ Playing outside in nature can help you feel better.
- ♥ Talk to safe adults, like teachers, or counselors.
- ♥ 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 that you are good, you are loved, you are strong.

