

THE SMILING STAR

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Think about something you like

a special place, a joke or memory or even something you're looking forward to



Find 3 things you're thankful for



Wake up your senses by finding:

5 beautiful things to look at, 4 things to touch, 3 sounds to hear, 2 smells to sniff and 1 thing to taste.



Slow your breathing down

pay attention to it... count it.

1... 2... 3... 4... 5... 6...



Play some happy music



Get moving...

dance, run, bike ride, jump or play sport.

