



RIDE THE WAVE

Do you/they:

Need some quiet time to be alone?

Would you like to talk about it?



On a Difficult Day



REMEMBER

The emotion will pass

What are you feeling?

What do you think has made you feel
this way?

If others are involved: how do you think the other
person/s feel?

How would you like to feel?

How can you support yourself to feel better/ solve
problems?

How could you help someone else
feel better?

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