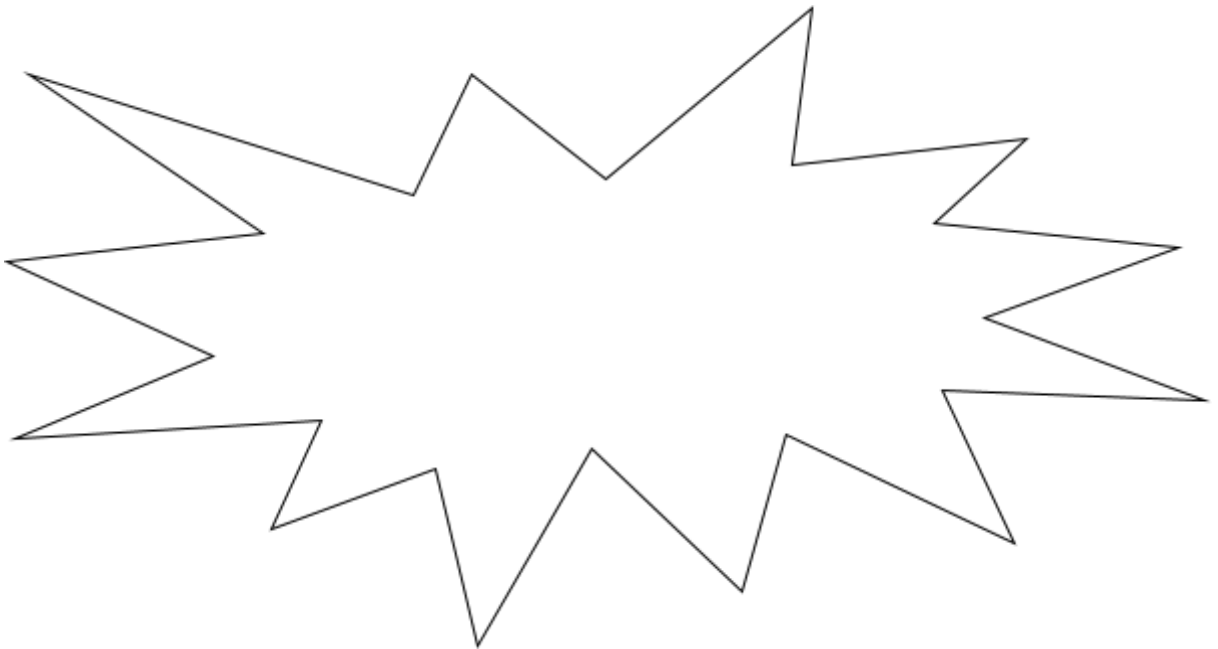
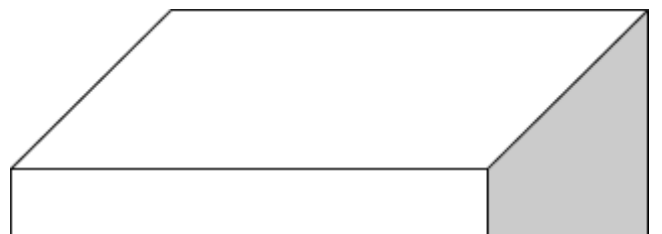
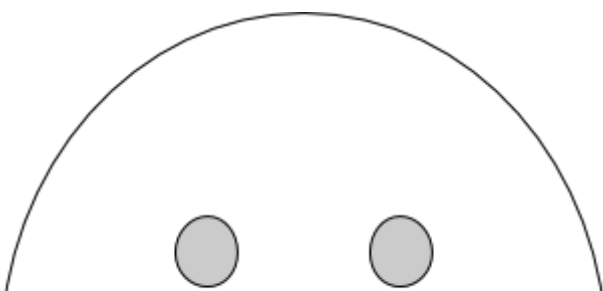


Things to make you feel better



Paint a pebble with your special person's name.

Put it in your pocket and, if you feel a bit sad, take it out and hold it. This will feel very comforting.



Talk! At sensible times,
talk to friends, family,
teachers at school. Talking helps us
and lets other people know how we are
feeling. Other people may be missing a
special person too and they will
understand.

Understand the benefit of....
ROUTINE! Doing the right things
at the right time; day after day,
makes us feel safe and secure.
It helps us to keep out of trouble
too. It is tiring to be different
all the time. Routine is your friend!