

Things We Can Do to Be Healthy

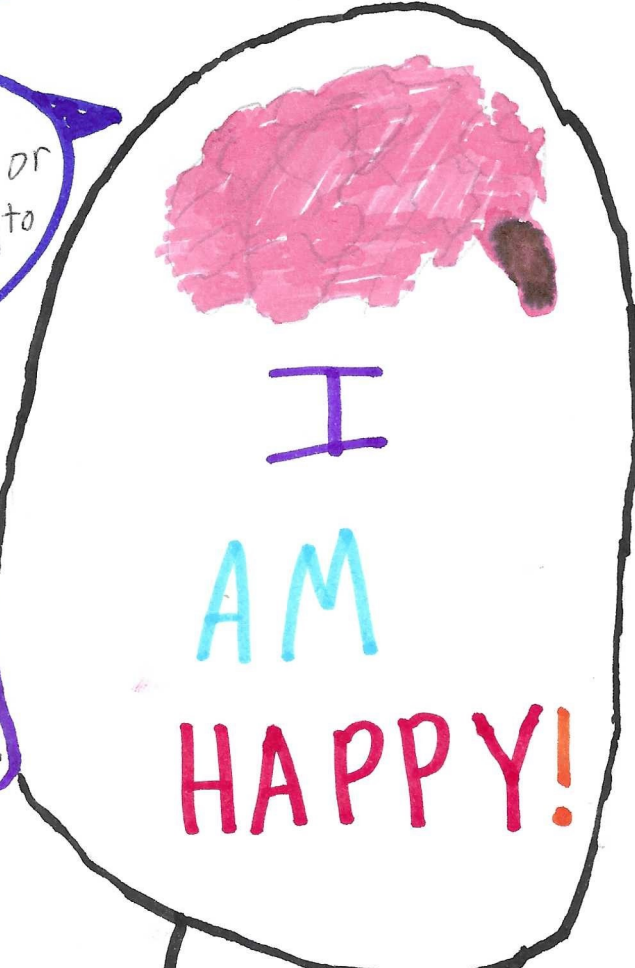
Talk to a friend
that you can
trust

Do some
exercise to be
less stressed

Do a puzzle or
some yoga to
chill.

Listen to music
to take your
mind off bad
thoughts

Remember
that we all
feel bad some
times so don't
get embarrassed
when feeling sad.



You could
build or
design a model
and test it
out to have
some fun and
keep ^{to} positive.

I FEEL GREAT!