

Think Calm Thoughts

say...

“This feeling will pass”

“I am strong – I will sort this”

“I can take a break until I feel calm”

“I can get through this”

“Just breathe, let it go”

“Everyone makes mistakes”

“How big is this problem? It’s not the end of the world”



Wellbeing

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You can contact Kids Helpline for help!
1800 55 1800 | kidshelpline.com.au