

My Favourite Memories

When someone or something we love dies, we can experience lots of different emotions. Some of these can feel very uncomfortable. Taking time to be creative, quiet and focused can help our minds to feel and stay well - especially during more challenging times. As you colour the picture below, focus on relaxed breathing and really noticing what you are doing. If you have any thoughts that worry you, talk to a trusted adult and ask for help.



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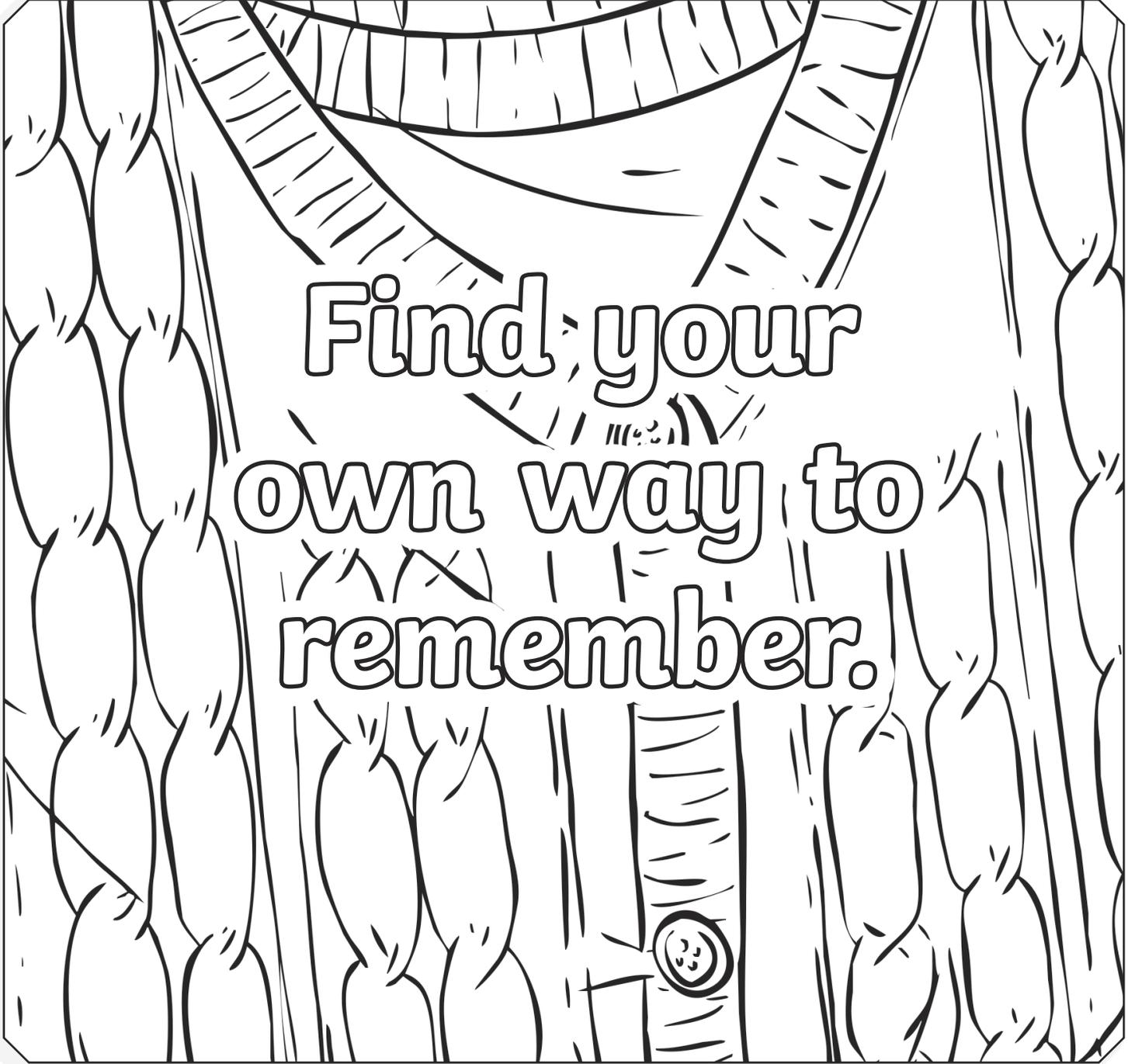
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Find your
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Disclaimer

Sensitive and/or upsetting topics may emotionally impact your students due to past experiences. You should consider whether this content is appropriate and ensure adequate support is available for anyone affected.