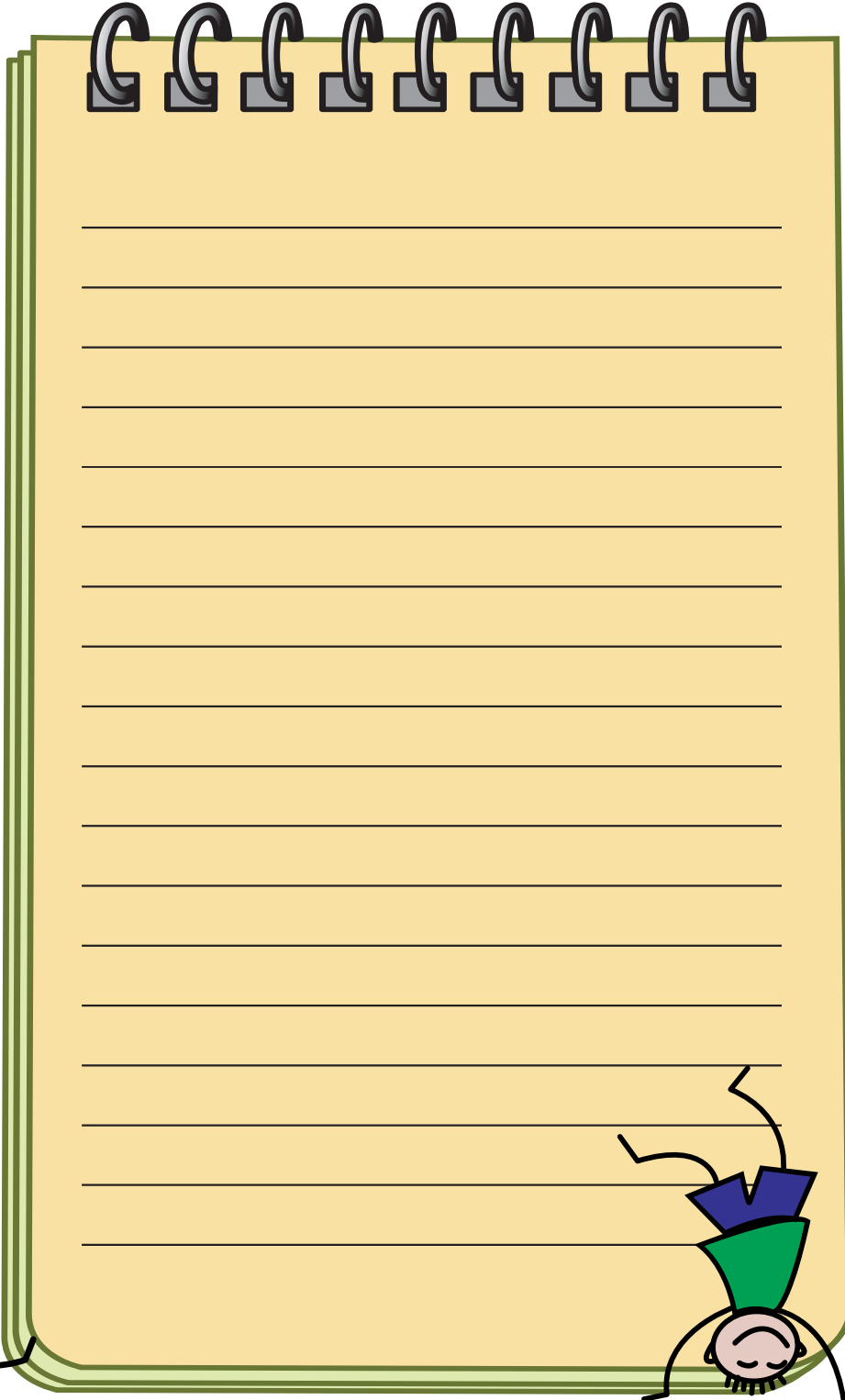


MOOD BOOST!

We all need a little mood boost from time to time! Of course it's OK to feel sad, lonely, worried and scared at times, but if you decide that you need a break from those feelings for a while, then do a mood boost! A mood boost is anything that you like to do that puts you into a better mood. Maybe it's listening to your favourite music, dancing, reading, watching funny videos on YouTube, baking, drawing, being creative, exercising, helping, writing, meditating... whatever boosts your mood? Write your Mood Boost list here and use it whenever you need to!

MY 'MOOD BOOST' LIST



A large yellow spiral-bound notebook with horizontal lines for writing. The spiral binding is on the left side. The notebook is positioned vertically on the page.

