

Things would be better if

What would you like to happen next

Things that happen every day.

Things that you are worried or stressed about

Things that make you feel upset/ worried

Things or people who might make you feel sad/ not safe

Things you keep hidden /

Things you don’t want people to know about.

Things you are happy about

Things that make you feel happy

Things that protect you People who keep you safe.

Ways you blow off steam /

Things you like to do.

