MAKING THINGS BETTER

HELPING KIDS COPE AFTER THE STORM

WAYS TO HELP YOURSELF

- Talk to your Mom or Dad about your feelings.
- Eat healthy foods and excercise.
- Talk to a school counselor about your feelings.
- Take a break from the TV.
- Try to get along with family and follow rules.
- Do something calming before bed.
- Read a book. Play a game. Call a friend.