

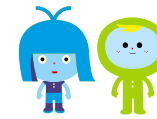


COPING SKILLS

L5 RESOURCES

Dealing with worries

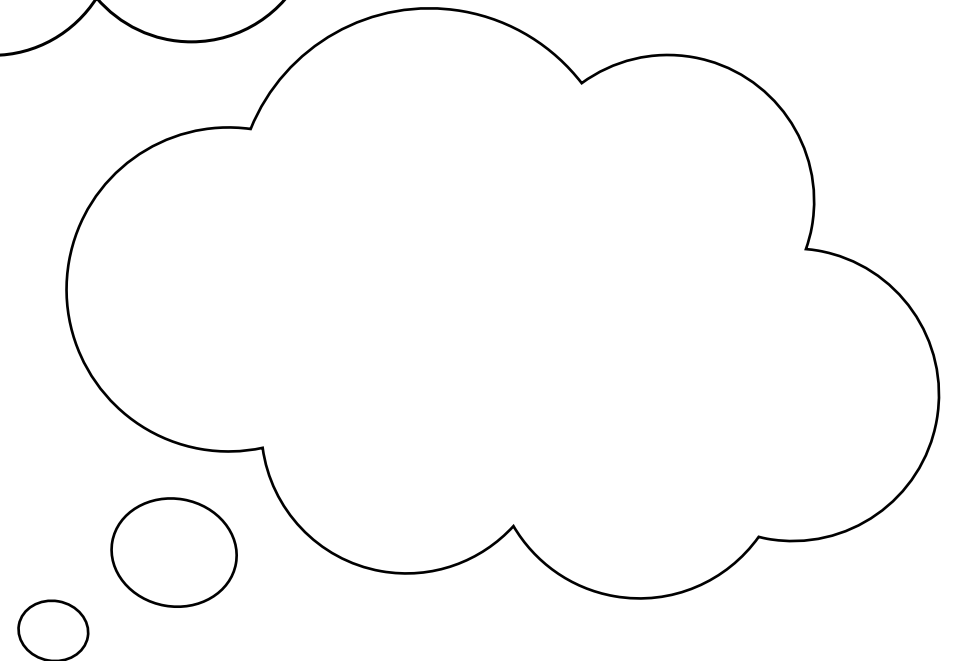
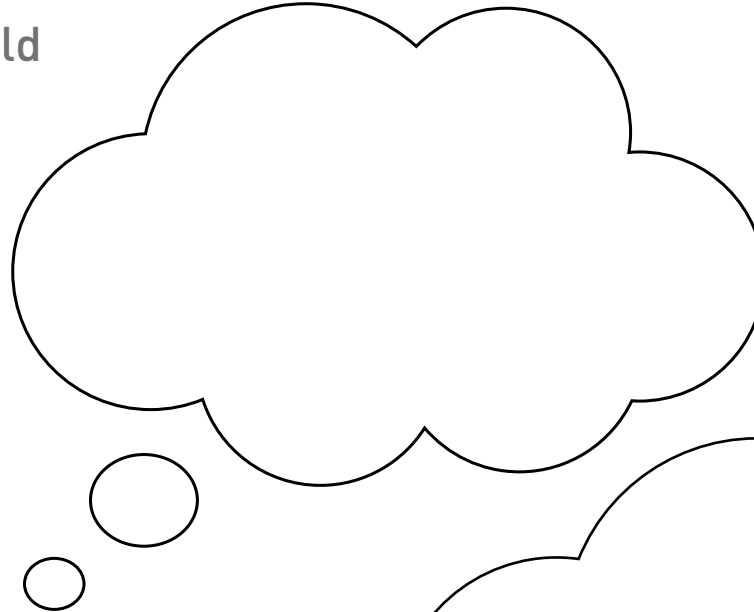
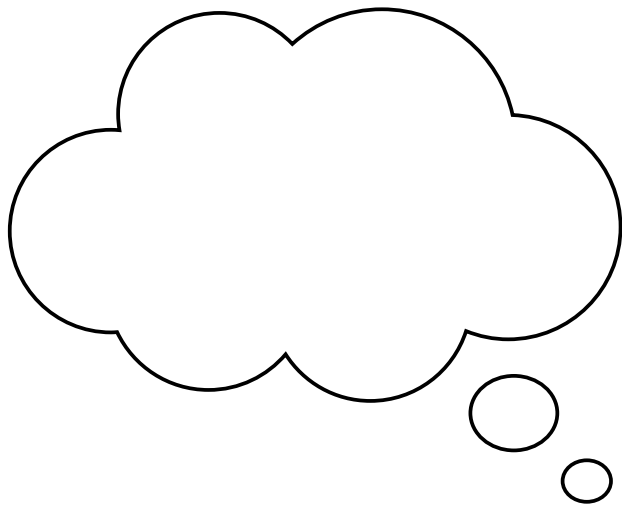
FS



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY

To fight the worried thoughts, I could
have tried these thoughts instead:

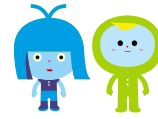




COPING SKILLS

RESOURCES
Award leaves

FS



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY

This award leaf has been presented to

for understanding what
feelings are

This award leaf has been presented to

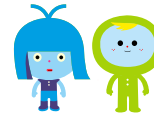
for understanding what it means
to cope



COPING SKILLS

RESOURCES
Award leaves

FS



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY

This award leaf has been presented to

for understanding how my
feelings can make me behave

This award leaf has been presented to

for understanding how to manage
my feelings



COPING SKILLS

RESOURCES
Award leaves

FS



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY

This award leaf has been presented to

for understanding how to
help myself feel better

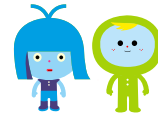
This award leaf has been presented to



COPING SKILLS

RESOURCES
Award leaves

FS



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY

