

TOP TIPS FOR CHILDREN



**KNOW YOURSELF,
GROW YOURSELF**

Be a Feelings Detective

Your feelings are like clues that tell you how you are doing. Try to notice them during the day or when you're winding down.

You could write in a diary, draw, or sit quietly to figure out what they're telling you.

What Matters Most

Think about what makes you, **you!** Are you kind, funny, adventurous, or creative? Knowing what matters most to you can help you make choices that feel right. It's okay if this changes as you grow up!

Ask for Feedback

Friends, family, and teachers can help you see things you might not notice about yourself. They can point out your superpowers or areas to work on.

Don't be afraid to ask!

Express Yourself!

Art, music, dance, or drama are great ways to show how you're feeling. When you're happy, try singing or dancing. When you're sad, painting could help. Find your creative outlet and share it with others.

When we take notice of ourselves and our feelings, we can make better choices and develop a stronger connection with our emotions and behaviours.

