



**The Hive** EDUCATION



# When you feel upset try these activities

## BE A KOALA

FIND SOMEONE YOU CARE ABOUT AND ASK THEM FOR A HUG



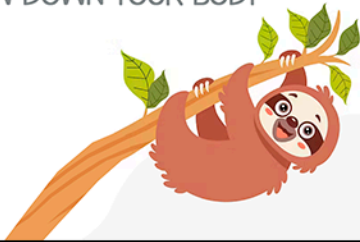
## BE A HEART

MAKE YOUR HANDS INTO A FIST, RELAX AND REPEAT 10 TIMES



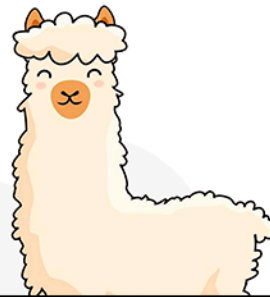
## BE A SLOTH

SLOWLY, STARTING WITH FINGERS AND TOES AND WORKING IN, RELAX AND SLOW DOWN YOUR BODY



## BE A LLAMA

CHEW A PIECE OF GUM



## BE AN ARTIST

DRAW A PICTURE SHOWING YOUR EMOTIONS



## BE A CATERPILLAR

WRAP YOURSELF SNUG IN A BLANKET

