

FEEL GOOD ACTIVITY BADGE

How to earn your badge...

1. Doing things that you enjoy can help boost your mood. What makes you feel good? Try some activities that give you that winning feeling or do something that helps you relax.
2. We're often really busy having fun, but taking notice of how you're feeling is a great skill to practise. Take a minute or two to check in with your feelings and remember what makes you feel happy.
3. We know that connecting with other people can help us to feel good. Create a comfy space to spend some time with your friends at Squirrels.



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