

# A-Z COMFORT TIPS FOR CHILDREN



LION  
HEART  
CAMP FOR KIDS

**A**sk a grown-up for help.

Take 5 deep **B**reaths.

**C**olour a picture.

**D**raw a picture of your important person.

**E**xplore your garden for flowers & bugs.

**F**Make funny faces in a mirror.

**G**ive a hug to someone you trust.

**H**elp someone at home.

Imagine being in your happy place.

Do some **J**umps.

**K**Practise kicking a ball around.

**L**isten to your favourite songs.

**M**ake a memory jar.

Take a **N**ap.

**O**Pretend to be an owl and take deep, slow breaths.

**P**Draw a picture of how you are feeling.

Take a quick dance break.

Find some space to run as fast as you can.

Read a story that makes you happy.

**S**Talk about your feelings with someone.

Draw what has **U**set you.

Munch on crunchy **V**eggies.

Drink some cold **W**ater.

Explore a new place with a grown-up.

**Y**Eat a yummy snack.

Close your eyes and zone out.

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**A**sk a grown-up for help.

**B** Take 5 deep breaths.

**C** Colour a picture.

**D** Draw a picture of your important person.

**E** Explore your garden for flowers & bugs.

**F** Make funny faces in a mirror.

**G** Give a hug to someone you trust.

**H** Help someone at home.

Imagine being in your happy place.

**I** Do some star jumps.

**K** Practise kicking a ball around.

**L** Listen to your favourite songs.

**M** Make a memory jar.

**N** Take a nap.

**O** Pretend to be an owl and take deep, slow breaths.

**P** Draw a picture of how you are feeling.

Take a quick dance break.

**R** Find some space to run as fast as you can.

Read a story that makes you happy.

**S** Talk about your feelings with someone.

**T** Draw what has upset you.

**U** Munch on crunchy eggies.

**V** Drink some cold water.

**W** Explore a new place with a grown-up.

**X** Eat a yummy snack.

**Y** Close your eyes and zone out.

**Z**