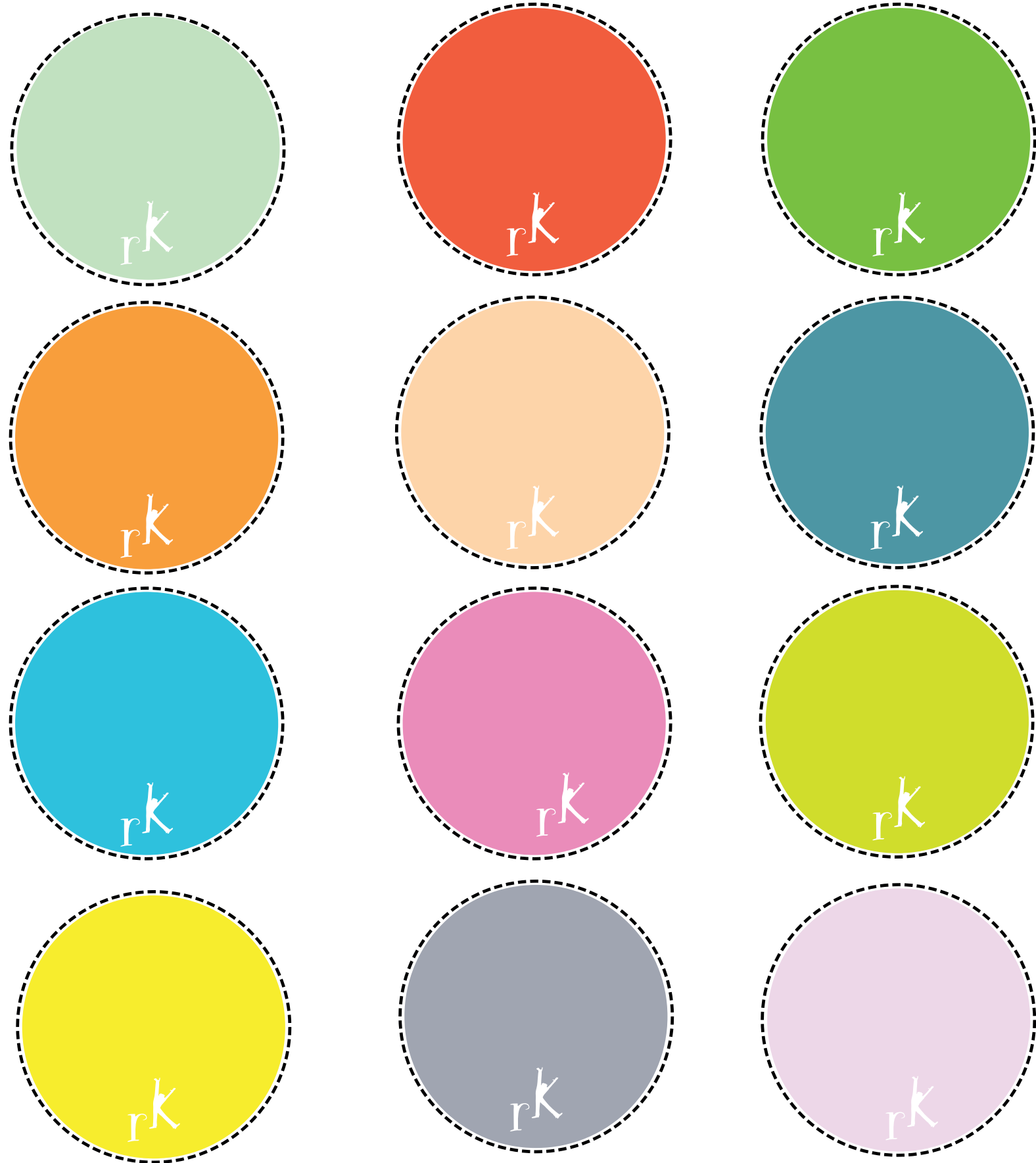


Laughter Lollipops



How to use:

Sometimes when we are upset, we like to have a lollipop or sweets to make us feel better. These lollipops are your own special treats of things to do to help you change your mood.

Simply cut out your lollipops and write what treats or good things you can do to help you out of a negative mood. They could be things like go outside and play, play with the dog, take a deep breathe and blow out, sit under a tree

Put each lollipop on a stick and keep them in a cup or jar for when you need a nice treat.