**FEELING SAD ?**

# Do the opposit thing

**Eat something that makes you happy**

**Do something that makes you feel good**
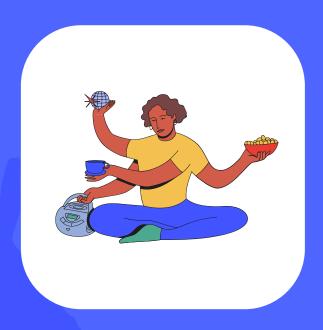
**Watch your favourite movie**

**Listen to music that makes you dance**

**Watch a funny video**

**Try to spend some time with your friends**

**Have a mini party**
sleepovers or Netflix

DO THE OPPOSIT THING