



Think of one of your happiest memories. It could be a family memory, a day with your friends, a trip, the time your favourite team won a match or just a moment when you're at your happiest, such as reading a book or doing sport.

# GREAT MEMORIES!

Write or draw your happy memory in the box below.



Find someone to show your memory to and tell them all about it.



Next time you're feeling worried, try thinking about this memory instead and picture it in your mind.

