

MAKE THE BEST OF IT

- Find the positive side of everything that happens to you.
- When you can't change or fix something, you can change the way you think and feel about it.
- It's never your fault if anything bad happens between grownups.
- It's OK to feel upset when adults fight or separate.

TO FEEL BETTER

- Tell someone how you feel.
- Help people around you.
- Ask someone how he/she feels and listen carefully.
- Tell someone you love, "I love you".
- Play with a pet, sing a song, dance, or color a picture.

