

*Ways I can help myself  
when life feels tough...*

*I may have lots of different feelings and emotions because of what happened to me. That's okay.*

*I need to remember that I am a member of Scotty's Little Soldiers. They help lots of children like me when their parent has died, so I am not alone.*

*This card from Scotty's has lots of ideas of ways I can look after myself when I am sad or upset.*

## Ways I can help myself when life feels tough...

Remember to ask someone for help and support when I need it.

Laugh, have fun and enjoy life without feeling bad about it.

Ask questions if I need more information.

Keep in touch with my friends.

Write a letter to my parent who died to tell them what is going on for me.

Find ways to remember my parent who has died.

Explain to other people what would help me to feel better.

Remember it is okay to not be okay.

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