

# **PUDSEY'S TIPS FOR SHAKING OFF BIG FEELINGS**

## **DISTRACTION**

Do something that always makes you  
**SMILE**, like your favourite game



## **MOVE AROUND**

It doesn't matter if it's **DANCING**, **RUNNING**,  
**JUMPING** or **SKIPPING** - moving your body  
can help to shake off some of those big feelings

## **BEAR HUGS**

Have a **BEAR HUG** with someone you love



With **THANKS** to  
**Dr Julie Smith**

