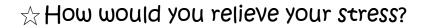
## When You Feel Down Worksheet

☆What would you do when you feel down?





A Have you ever punched a pillow to relieve your pressure?

☆ Do you think running or jogging can relieve your pressure?

☆ Do you agree with the idea that shouting at a toilet is a good way
to get rid of negative feelings?

☆ Which way in the book would you choose to relieve yourself?

