

Winston's Wish (a charity for grieving children) suggests thinking of some ideas that can help you to cope with sad or painful feelings and memories.

You could write or draw your ideas of what helps you when you feel sad on this strip of 'plasters'. Put one idea on each 'plaster'. These might include some of the things Michael Rosen suggests and some of your own ideas.

You can cut around the edges of this strip and then fold it up.



You can put this strip somewhere safe (like a pocket or in your book bag).

You can look through your 'My Pocket Full of Plasters' strip when you need a little reminder of what helps you when you feel sad.
