



'This is the worst day ever!' Billie shouts.
Then she bursts into tears.



Once, Billie lost her ball and then Noah pulled out all of her plants.

Billie was having a bad day, but she didn't let that keep her down!

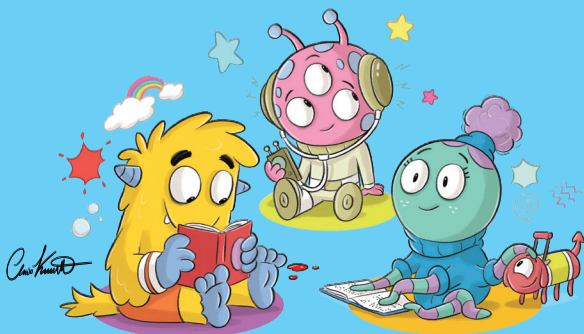
What can you do to make yourself feel better if you're having a bad day?

Write a list of five things that you can do to make yourself feel better if you're feeling sad. Draw a picture to match.



Things that I can do to make myself feel better if I'm feeling sad:

1.
2.
3.
4.
5.



Sally Rippin

All kids can be readers!

Australian Children's Laureate 2024-2025