



What is your **ADVICE**?

1. Drag the suggestions into the proper messaging box.



You can ASK FOR HELP 🙋

You can DO YOGA 🧘 to calm down.

You can EAT something! 🍕

You can WATCH A COMEDY MOVIE 🎬 to feel happy again.



You can TAKE SOME MEDICINE 💊 to get better.

You can SLEEP 😴 on your bed 🛏 to feel fresh.

You can REST a bit on the sofa 🛋 to relax.

You can TURN ON THE LIGHT 💡 and TALK TO YOUR PARENTS 👨👩.

