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# BETTER TOGETHER

Don't hide bad feelings, talk about it, I can help too then we can all feel better, eat better and sleep better.  
- Age 6

Go outside. You don't always want to. But you will always feel better. Wear a hat.  
- Age 11

Listen to songs at bedtime.  
- Age 10

Find water. Throw rocks.  
- Age 5

Even if there isn't recess time you have to make your own recess.  
- Age 9

Wash your hands. Hug who you can.  
- Age 10

Don't forget to sleep! I sometimes forget to sleep. It doesn't go well.  
- Age 9

Holding crying in hurts. Crying with you helps me feel better.  
- Age 6

Help other people.  
- Age 12

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