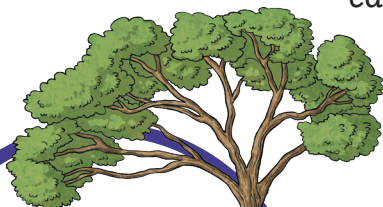


What Can I Do When I'm Feeling Grumpy?

When we feel grumpy, we get easily annoyed by things that wouldn't normally annoy us. Sometimes, feeling tired, hungry or having to do something can make us feel grumpy.



Go outside and let the fresh air and wind blow my grumpiness away.

Go to my room to be on my own and read my favourite book.



Do something really easy that I know I love doing (like playing with my toys).



Do a jigsaw or a puzzle to help my mind forget about my grumpy mood.



Lie down, close my eyes and spend some time imagining I am on a warm beach.

Sit and sulk in a corner with a blanket or my cuddly toy.



Say 'I am grumpy' in as many different silly voices as possible.

