How do I feel?

How does being back at school make you feel?

- Excited
- Happy
- Confused
- Worried
- Sad
- Bored
- Angry
- or scarred

Why do I feel like this?

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Making Back to School Easy!

Who can I talk to if I need help?

My teacher? Family? Friends? ...

Hand Washing!

Wash your hands under warm running water with soap while you sing the Alphabet song or Happy Birthday and scrub your hands all over!

A handy tip!

Make sure to wash your hands every time you come back inside, use the bathroom, touch your face, sneeze or cough, and before or after eating.

Deep Breathing...

If you need help calming down, try this:
1. Breathe in for 4 counts. 1, 2, 3, 4...
2. Hold your breath for 4 counts. 1, 2, 3, 4...
3. Breathe out for 4 counts. 1, 2, 3, 4....

Do this 4 times and see if you feel better!

Coping with COVID-19

Mental Health Foundation Australia

Promoting better mental health for all.

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