✄Create a class or group set of the following cards.

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| **Visit a favourite person** | **Party / socialise** | **Play computer games** |
| **Go for a run** | **Meditate** | **Listen to music** |
| **Joke or laugh** | **Write about it** | **Call friends** |
| **Think positively about how****things will turn out** | **Watch television** | **Access online or email help from a professional site like Kids Helpline or ReachOut** |
| **Access a telephone helpline from a professional site like Kids Helpline or Lifeline** | **Do what your girlfriend/ boyfriend wants you to do even though you don’t** **want to** | **Talk to the school psychologist** |
| **Talk to the school nurse** | **Talk to a counsellor** | **Talk to a GP** |
| **Talk to a trusted adult** | **Work harder** | **Go shopping** |
| **Talk to the person involved about how you feel** | **Access a reliable health website like ReachOut** | **Keep your worries to yourself** |