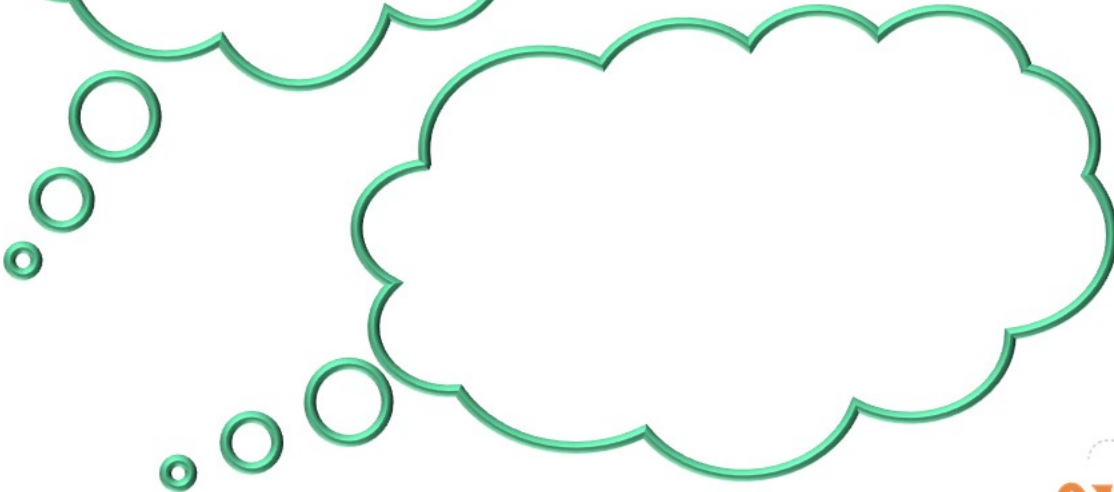
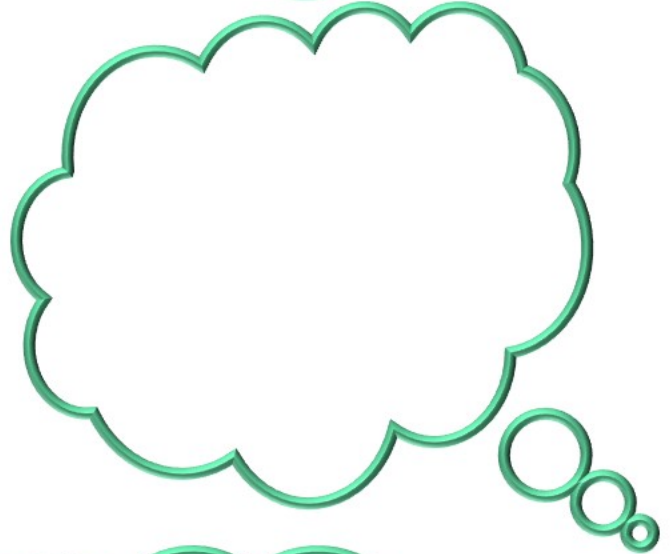
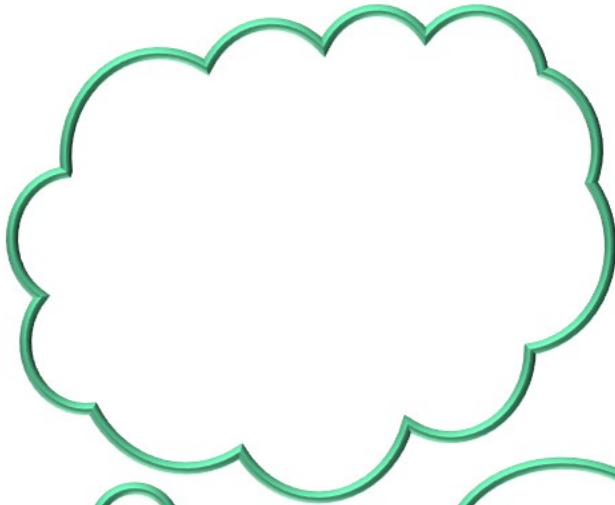
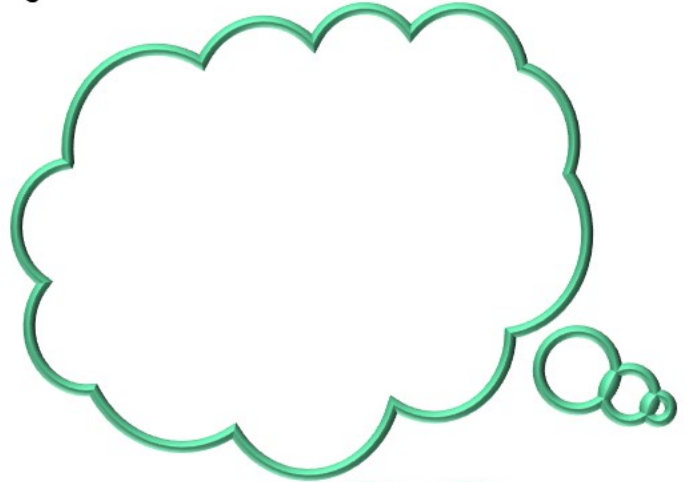
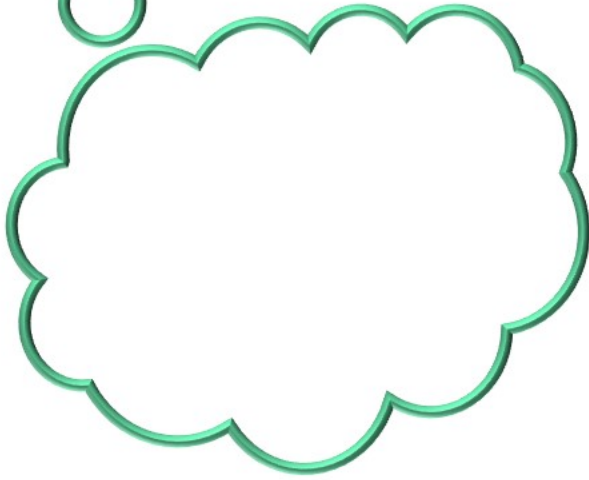


THINKING HAPPY OR FUNNY THOUGHTS



Thinking about happy times or funny times can help your wellbeing. Reminding yourself of the fun things you have done and all the things that really made you feel happy. Try and spend some time each day thinking about those times. You can even try and make more memories by planning fun things into your day right now. Write or draw some of your favourite times below in the thinking bubbles.



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