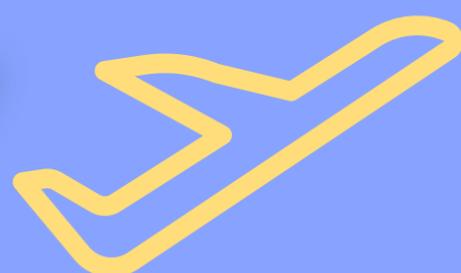




BUMPY FLIGHT?



Fasten your seatbelts & listen up!

1

Sleep well! 🛌

Sleep helps you feel good during the day, and not moody



2

Eat right! 🍴

Fruits & vegetables everyday give you energy and helps you grow



3

Check emotions! 😊

Try a breathing exercise when you get upset



4

Need a hug? ❤️

Ask your loved one to cuddle



5

Plan a goal! 🖍️

This year I will learn to _____

