



Sophie Says & Heads Up Kids

What makes me feel good?

WELLBEING FOR THE CLASSROOM SESSION

Ages 5-7

Devised for

**Now and
Beyond** >>>





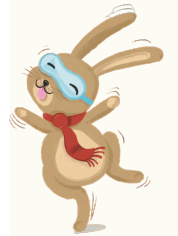
Whenever you're lonely and feeling blue



Listen

Be kind

Try our best





Sophie Says, that tomorrow is a new bright day



Let's figure how we'll push your fears away