

Turn a BLUE DAY into a NEW Day!

ACCEPT AND NAME YOUR FEELINGS. Say to yourself: "I am sad." "I am scared." "I am _____."

REMINDE YOURSELF THAT THIS FEELING IS TEMPORARY. You will feel happy again. Look to caring peers and adults for support. Take steps to put a lid on your bucket. Do not allow yourself to dip into your own bucket. Use positive self-talk to remind yourself of the ways you have overcome difficult times in the past.

RELAX AND TAKE A TIME OUT BEFORE YOU ACT. Allow yourself a bit of time to be *blue*. Then, take slow deep breaths and relax all of the muscles in your body. Get ready to choose the way you respond to feeling blue.

THINK about ways to help move out of your *blue* mood. Use positive self-talk to help make a plan. Thinking helps you make positive decisions.

DO SOMETHING TO SWITCH DIRECTIONS AND CHANGE THE WAY YOU FEEL. Take control of how you respond to feeling blue by doing something you enjoy. Talk to a caring adult or friend about how you feel, or do something physical.

BE THERE FOR A CLASSMATE WHO NEEDS SUPPORT. Filling buckets is a great way to change a blue day to a great day. When you fill the buckets of others, your bucket fills up too! Talk, spend time, or interact with someone who is feeling blue. Help them switch the direction of their