



THE LITTLE BOOK OF WELLBEING

by the preschoolers
from Greece, Slovakia,
Greece and Poland



When you are sad..... angry..... feel difficult emotions... What do you do to feel better?

Preschoolers from Greece, Poland, Greece and Slovakia answered this very difficult and at the same time important question. On the next pages you will find their ideas. Maybe some of them will be useful also for you?

What can you do to feel better when you feel angry or sad?

Talk with friends



Draw



Give/Get a big hug



What can you do to feel better when you feel angry or sad?



Play
with friends



Pat
animals



Sleep



What to do to feel better when you are angry?



Or go to your room and make yoga!

What to do to feel better when you are sad?



When you are sad
...cry a little!!



or read a book!!

What to do to feel better when you are angry or sad?



Angry

hug mom

jump on the trampoline

I count to ten

How to deal with ...

hug mom and dad

I play

look through the window



Sad

What to do to feel better when you are angry or sad?

How do i feel better when i am

sad

angry



SAD: CRY TO FEEL BETTER

Angry? Read a
book



When you are happy or in love or feel beautiful emotions... would you like other people to join in your happiness... to share it.... how can you let them know you like them or you are happy or in love?

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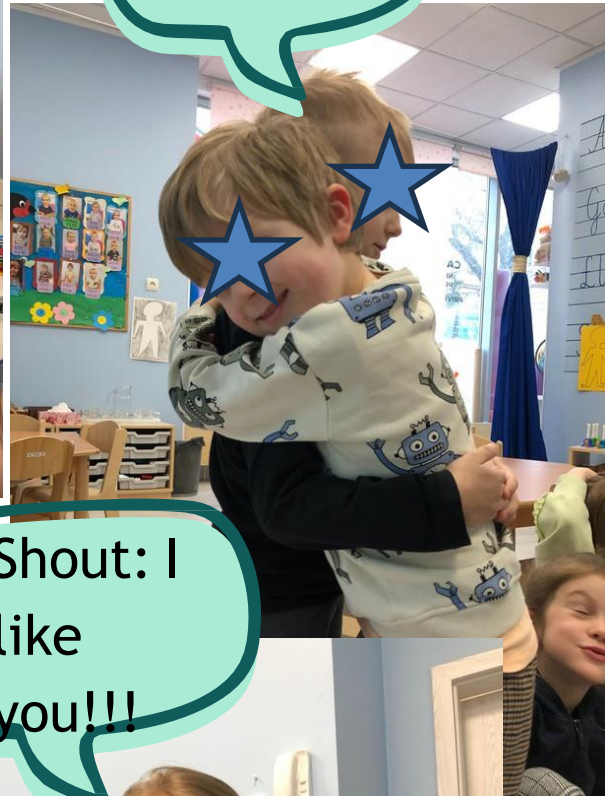
How can you let people know you like them?



Give flowers



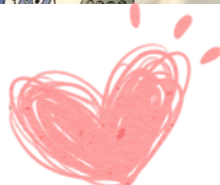
Give a hug



Show a heart



Shout: I like you!!!



How can we
show that we
are in love!

Greek Team 1



Hugs and Kisses



How can we
show that we
are happy!





hugh



DREAM



kiss



How to let
others
know you
are
in LOVE



**How to let
others
know you
are**

HAPPY

We feel so good when we are happy or in love
and we want to show it to everyone!

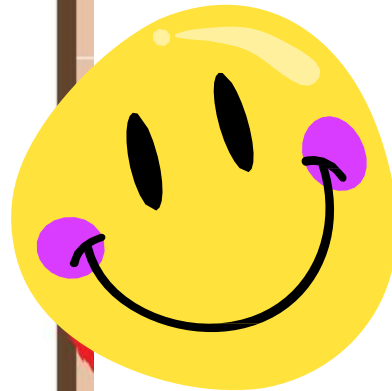


GREEK
TEAM 2

smile all
time



Happiness



hug our
friends



love

