

# I feel mean when ...

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# Mean Busters

Here are some suggestions for when you feel mean. Tick the box if you think they might be useful for you.

- \* Make a list of all the ways you are lucky
- \* Can you help someone else today?
- \* Give someone a hug, or ask for a hug

Can you think of some more ideas? Write them down below.

~ My Ideas ~

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