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	а	list	of	all	the	ways	you	are	lucky
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- * 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 Tdeas ~

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