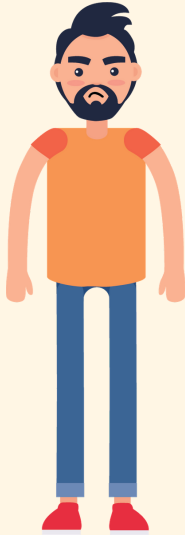


Sometimes I feel sad.



This is okay. I can use tools to feel better.



When I'm sad, I stay active by exercising and moving my body.



I keep myself busy with fun activities like listening to music, playing games, and reading.



I talk to friends and family about how I feel.



I sleep about 8 hours per night. Sleeping too much or too little will make me feel worse.

