



Ministry of Education,  
Heritage and Arts

# HOW ARE YOU FEELING TODAY?

IT'S OK TO FEEL  
SAD, WORRIED, SCARED, ANGRY OR CONFUSED



Talk to  
your teacher  
or parents  
about how  
you feel.

## REMEMBER!



Always wash your hands  
with soap under clean  
water



Talk to your teacher  
if you feel unwell



Cough or sneeze in  
the bend of your  
elbow or using a  
tissue



Do not touch  
your face

unicef   
for every child