



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