



## Warm Fuzzies

Warm fuzzies are things that make you feel good about yourself. Can you imagine that warm and fuzzy feeling you get inside of you when something good happens. It feels comforting and just NICE. Almost like a hug but without being touched. There are lots of ways to feel warm and fuzzy. Read the tips below.

### Tips on feeling warm and fuzzy

- Try complimenting other people
- Try helping other people
- Try treating yourself to your favourite food or drink.
- Try curling up with a favourite book or magazine.
- Try and long chat with a family member talking about memories
- Try thinking about memories that made you feel happy.
- Try making something for someone, a card, a gift, a craft.
- Try making something for yourself.
- Try a nice warm bath with lots of bubbles.

There are a few ideas there but I bet you have loads more.

What makes you feel warm and fuzzy inside? Have a go at the following worksheets.



These things make me warm and fuzzy inside

1

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2

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3

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4

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These things make me warm and fuzzy inside

1

2

3

4



A picture of me looking warm and fuzzy

