

# Wellbeing action plan

Brownies

Things that cause me to feel upset or worried:



The people I can talk to at my unit are:



Things that we can do to help you are:

Signs that I am becoming sad or upset:



Helpful and positive things to tell myself are:



Things that help me when I am feeling upset, worried or sad:



Things that help me to stay happy are:



WE DISCOVER, WE GROW

Girlguiding