

What Can I Do When I'm Feeling Grumpy?

When we feel grumpy, we get easily annoyed by things that wouldn't normally annoy us. Sometimes, feeling tired, hungry or having to do something can make us feel grumpy.

Below are some ideas to deal with being grumpy:

- Go outside and let the fresh air and wind blow my grumpiness away.
- Go to my room to be on my own and read my favourite book.
- Do something really easy that I know I love doing (like playing with my toys or a computer game)
- Lie down, close my eyes and spend some time imagining I am on a warm beach.
- Do a jigsaw or a puzzle of any kind to help my mind forget about my grumpy mood.
- Sit and sulk in a corner with my blanket or favourite cuddly toy.
- Say 'I am grumpy' in as many funny, silly voices as you can.