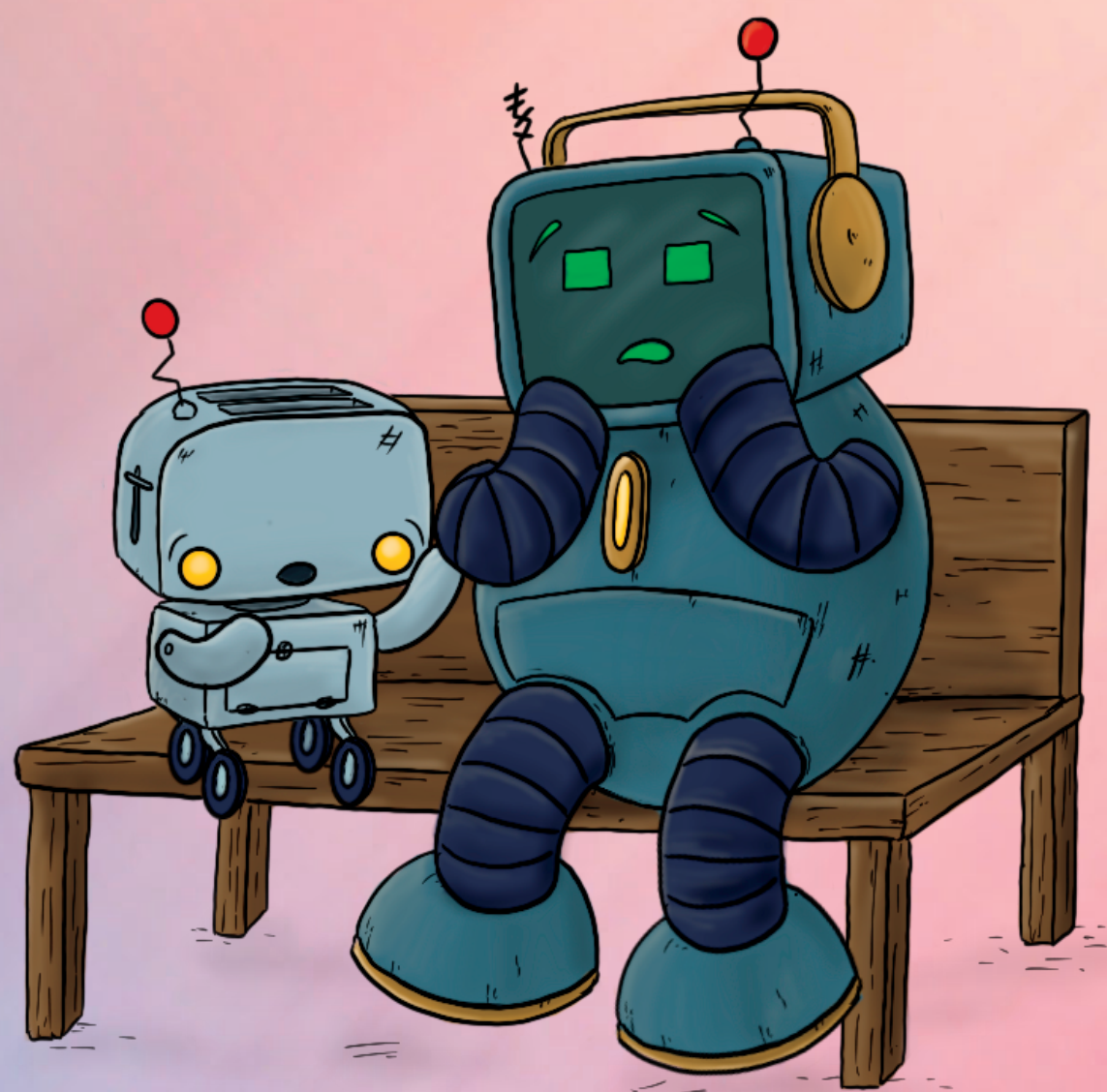


JOT THE FRIENDLY ROBOT

TELL SOMEBODY HOW YOU ARE FEELING.

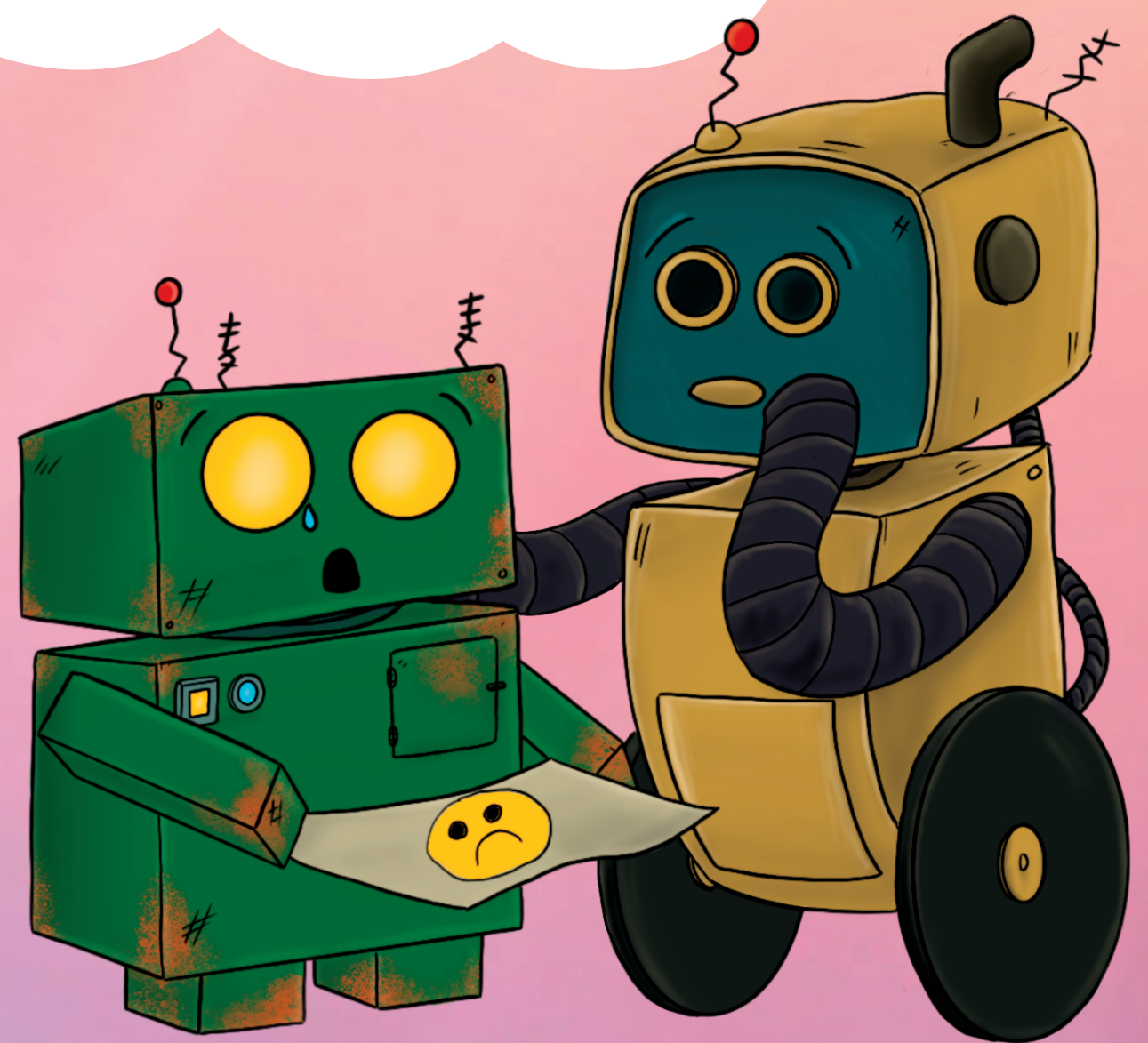
IT'S GOOD TO BE
OPEN AND SHARE HOW
WE ARE FEELING.

LETTING YOUR FEELINGS
OUT HELPS YOU TO GET
RID OF WORRIES OR SAD
FEELINGS.

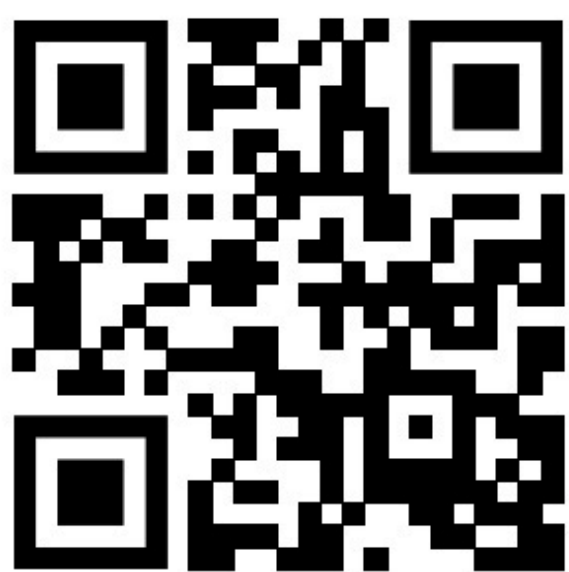


TRY TALKING TO A FRIEND,
FAMILY MEMBER OR
TEACHER ABOUT HOW YOU
ARE FEELING.

FOR MORE JOT THE ROBOT
RESOURCES PLEASE VISIT:
WWW.SUFFOLK.GOV.UK/JOT



JOT HAS DRAWN A PICTURE TO SHOW
THAT HE IS FEELING SAD TODAY.



OR SCAN THE
QR CODE.

