

## Illness Comfort Chart

Getting sick can be scary, but here are a few things to know:

- It is okay to cry.
- It is okay to laugh.
- It is okay to sleep a lot.
- It is okay to miss your school friends.



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Here are some things you can do to feel better:

- Draw a picture
- Write a story
- Play a game
- Read a book
- Tell a joke
- Drink a lot of water
- Squeeze a teddy bear
- Cuddle up in a blanket
- Sleep
- Watch TV
- Log on to Raz-Kids



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