

♥ Mrs Bramble's Five Cosy Things

Small comforts.
Brighter
tomorrows. ♥

When things feel a bit tricky,
these five cosy things can help
you feel safer, calmer and more like you.



Warm
Hearts
Tasty
Treats
Happier
Days ♥

A cosier you
is a brighter
tomorrow. ♥

Kindness
Good Feelings
Braver Days
Collyvale ♥

1 A Cosy Space

Find a place where you
feel safe and comfortable.



It could be your bed, a comfy
chair, a den or a quiet corner.

2 Something Soothing

Use something that
feels nice to you.



A favourite toy, a blanket,
a book or something soft
can help you feel calmer.

3 A Little Treat

Enjoy something that
makes you feel happy.



It might be a warm drink,
a healthy snack or something
that you really like.

4 A Kind Person

Talk to someone you trust.



It could be a mum, dad, carer, teacher
or a friend. Sharing how you feel
can make a big difference.

5 A Little Time

Give yourself time.



Worries often feel smaller
after a little rest, a calm activity
or a good night's sleep.

"Kind little things
can make a big
difference."

– Mrs Bramble ♥

You are
braver,
kinder and
more capable
than you know.
♥