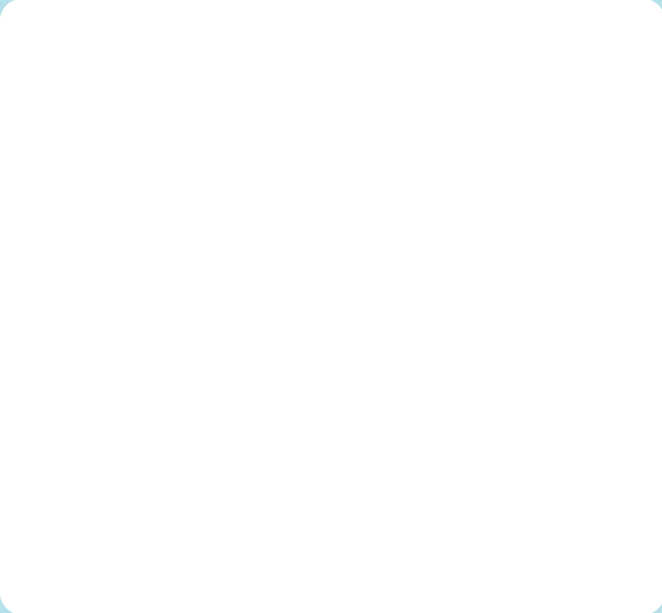


Birdie's Tree is a website with games, stories and information for babies, children and families who've been through a hard time. Scan the QR code for more, including: Fun with Birdie activity book, Relaxing with Birdie mindful movement and relaxation for little people.  
[childrens.health.qld.gov.au/natural-disaster-recovery](http://childrens.health.qld.gov.au/natural-disaster-recovery)



DRAW WHERE YOU ARE RIGHT NOW  
OR JUST DRAW A PICTURE TO SHARE WITH SOMEONE ELSE

ANGRY



WORRIED



SAD



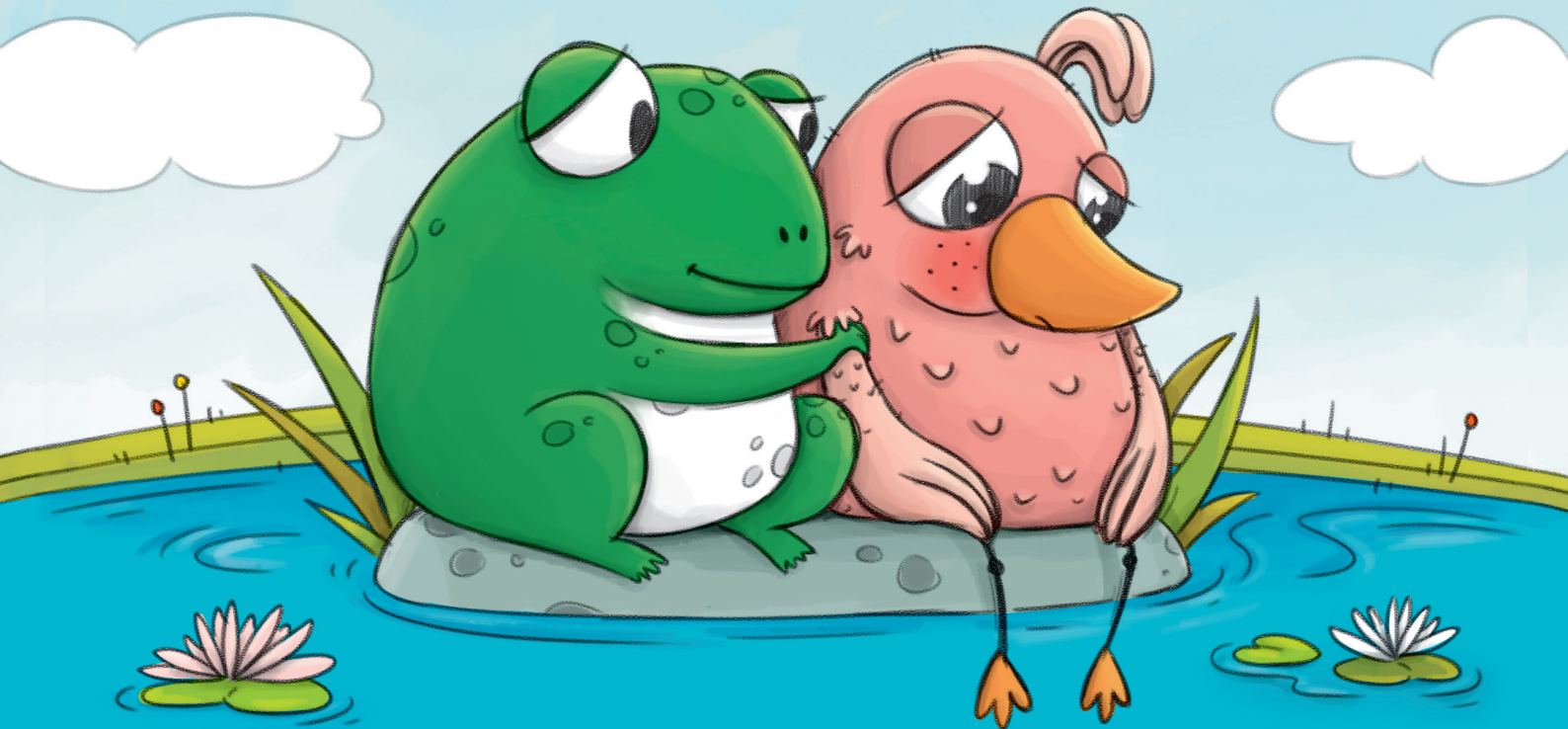
HAPPY



HOW ARE YOU FEELING?

FOLD HERE

# HAS SOMETHING HARD HAPPENED?



## HOW BIG PEOPLE CAN HELP LITTLE PEOPLE



HAVE A CUDDLE



READ A STORY TOGETHER



TALK ABOUT FEELINGS



DRAW A PICTURE



BE KIND TO YOURSELF



ACCEPT HELP