

TRACY'S TOP TIPS

Forced to clean and tidy up around your home?

Blast out your favourite music while you're doing it and best of all, get your mates to help!

Had a terrible row with a good friend?

Clear the air by being there when they need you!

Teacher thinks you're bottom of the class?

Knock her socks off with your best-ever piece of no-holds-barred imaginative creative writing.

Someone making you feel small?

Go and see someone different, who knows you're great!

Regretting something silly you've done?

Make a peace offering.

