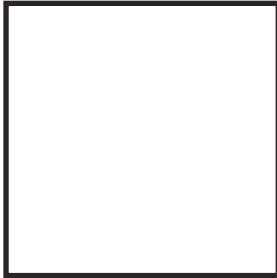


If I'm Feeling...

Pick three of the feelings cards and stick them into the feelings boxes.

Decide which strategies you think would help you the most when you feel that way.

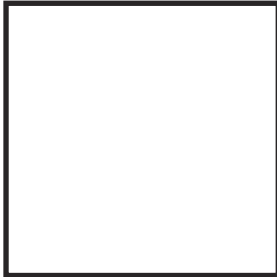
If I'm feeling



I can



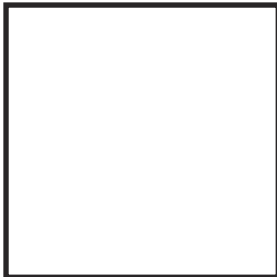
If I'm feeling



I can



If I'm feeling



I can





shy



sad



lonely



worried



angry



nervous



scared



stressed



listen to music



hold my favourite toy



take deep breaths



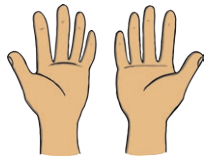
use my timer



talk to an adult



have some time alone



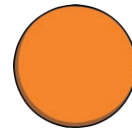
count to 10



talk to a friend



take a time out



squeeze my stress ball



write down my feelings