

TODAY I FEEL...



☐ happy



☐ tired



☐ excited



☐ nervous



☐ angry



☐ confused



☐ sad



☐ frustrated



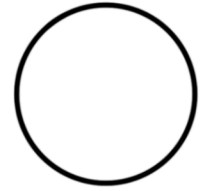
☐ silly



☐ calm



☐ scared



☐ _____

I FEEL IT IN MY...

☐

head

☐

neck or shoulders

☐

heart or chest

☐

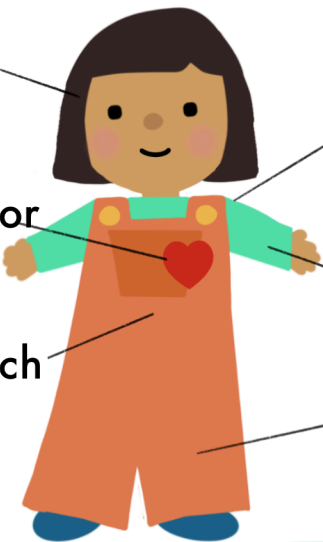
arms or hands

☐

stomach

☐

legs



HOW BIG IS THE FEELING?



small



medium



big

MY THOUGHTS...



TO HELP MYSELF FEEL BETTER, I CAN...

- ★ Slowly count to 30
- ★ Move my body – walk, dance, stretch
- ★ Listen to a favorite song
- ★ Think of someone or something I love
- ★ Look at a glitter jar
- ★ Look at happy photographs
- ★ Use positive self-talk
- ★ Talk to a friend or ask for help

- ★ Read a book
- ★ Hug or cuddle a favorite stuffie
- ★ Have a drink of water
- ★ Make or build something
- ★ Hum or sing a song that I love
- ★ Take 3 deep breaths
- ★ Draw a picture or color
- ★ Rest in a calm place