

I Feel...

I Can...



ANGRY



Take a deep breath



Count to five



Ask for help



SAD



Ask for a hug



Do something fun



Use your words



SCARED



Ask for help



Say "I can do it!"



Think of a happy place



Big Problem



Medium Problem



Small Problem

I WANT TO CHANGE MY MOOD! I CAN...



Take deep breaths

20

Count to twenty



Drink some water



Stretch my body



Get a hug



Have a snack



Play with toys



Make some art



Listen to music