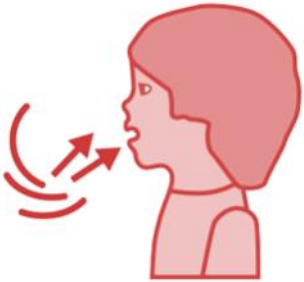


When I'm Mad, I May Feel:



- My face get hot
- My eyes and eyebrows get tight
- My hands make fists
- My muscles get tight
- I may want to yell angry words

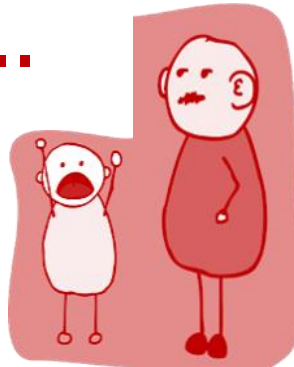
When I'm Mad, I Can...



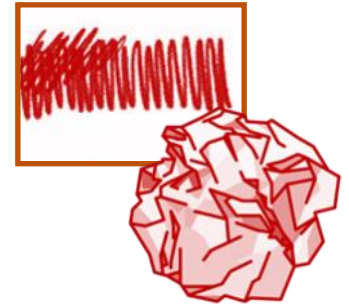
Take deep breaths



Walk away or
Ask for a break



Tell someone I
feel angry



Scribble on paper
then crumple it up



Squeeze or
pound clay
Squeeze a ball
or plushie



Stomp

Pretend to
be a T-Rex



Put on music
and do an
angry dance



Do star jumps

Go for a walk or run outside



When I'm Sad, I May Feel:



- My mouth frown or pout
- My shoulders and head droop down
- My throat gets tight
- Tears in my eyes, a sob in my voice
- I may want to cry

When I'm Sad, I can...



Take a break by myself

Cry



Talk to a friend or a grown-up



Draw or write

Snuggle a stuffed animal



Stretch



Get a hug

Read a book / listen to a story



Go outside



Listen to music



When I'm Scared, I May Feel:



- I may bite my lip or press my lips tight
- My arms may wrap tight around me
- My chest may feel tight, like it's hard to breathe, or my tummy may hurt
- My voice might be high and squeaky
- I may want to hide

When I'm Scared, I Can...

Ask for help



Hold a comfort item



Tell myself...

It will be Ok



Ask a friend to do it with me



Hold a Hand



Think about something else



Hide under a blanket



Try it. Don't worry if I make a mistake



Pretend to be brave

