

I am feeling...



Happy



Silly



Shy



Sad



Surprised



Worried



Excited



Mad

I am feeling...



Happy



Silly



Shy



Sad



Surprised



Worried



Excited



Mad

When I'm Happy,  
I can...



- Share my smile with others
  - Say kind words
- Help someone who is sad

# When I'm Mad, I can...



- Count to ten
- Take a break
- Squeeze a stress ball
  - Talk to an adult
  - Take a deep breath
- Think happy thoughts

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# When I'm Worried, I can...



- Write in my journal
  - Take a break
- Squeeze a stress ball
  - Talk to an adult
  - Take a deep breath
- Think happy thoughts

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# When I'm Sad, I can...



- Remember, it's okay to cry
  - Take a break
  - Write in my journal
  - Talk to an adult
  - Take a deep breath
  - Think happy thoughts

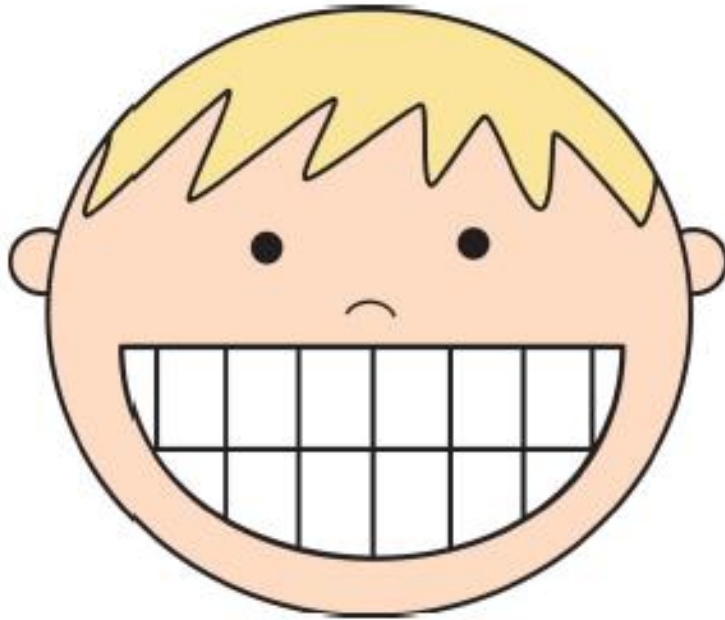
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When I'm Silly,  
I can...



- Stay in control of my body
  - Use a fidget
  - Take a deep breath
- Remember others are trying to work, do not disturb them
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# When I'm Excited, I can...

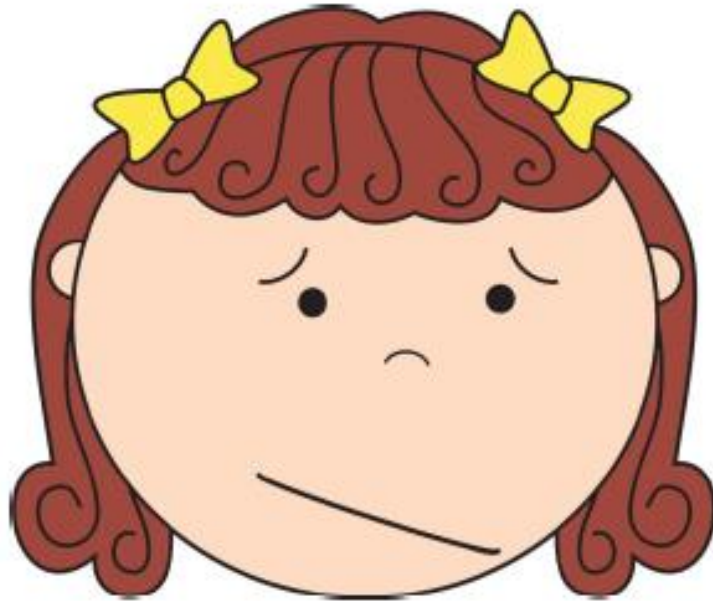


- Share my excitement with others
- Stay in control of my body
  - Use a fidget
  - Take a deep breath

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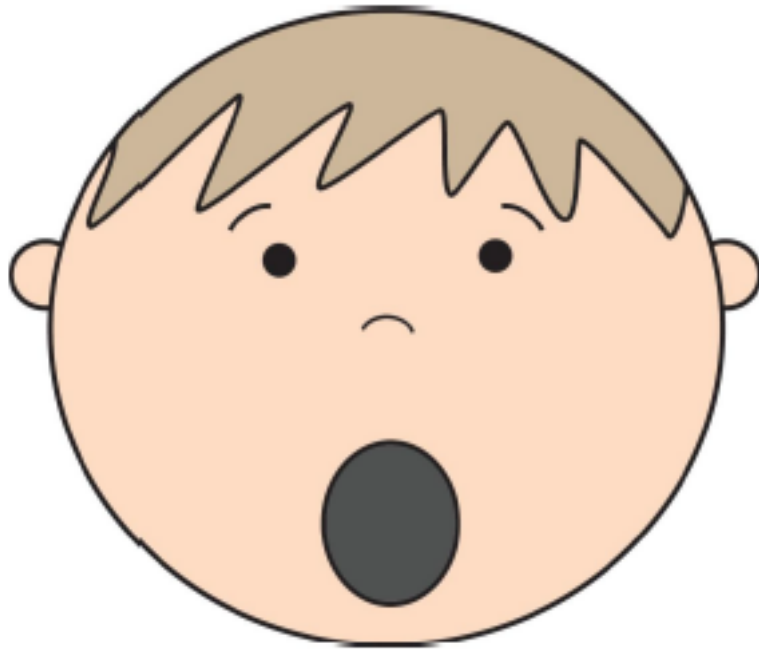


When I'm Shy,  
I can...



- Write in my journal
  - Use a fidget
  - Take a deep breath
  - Talk to an adult
- Smile and tell myself to be confident
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# When I'm Surprised, I can...



- Tell others, "I'm shocked!"
  - Stay in control
  - Take a deep breath
  - Talk to an adult
  - Smile

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