

I FEEL...

	lonely disappointed sad
	silly excited hyper
	frustrated annoyed angry
	tired sick hungry
	worried anxious scared
	happy calm focused
	shy confused embarrassed
	brave proud hopeful


I CAN...

TAKE DEEP  BREATHS


TREAT MYSELF & OTHERS WITH  KINDNESS

CREATE ART  OR BUILD  SOMETHING.


USE POSITIVE  SELF-TALK

 I need help. ASK FOR HELP

 EXERCISE

FOCUS  ON THE GOOD

STRETCH OR  DO YOGA

BRAINSTORM  SOLUTIONS &  TRY AGAIN

GET A DRINK OF  WATER

 TAKE A BREAK

TALK  OR WRITE  ABOUT IT