

If I'm Feeling...

Pick three of the feelings cards and stick them into the feelings boxes.

Decide which strategies you think would help you the most when you feel that way.

If I'm feeling

I can

If I'm feeling

I can

If I'm feeling

I can



shy



sad



lonely



worried



angry



nervous



scared



stressed



listen to
music



hold my
favourite toy



take deep
breaths



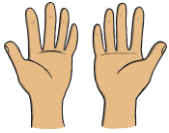
use my
timer



talk to an
adult



have some
time alone



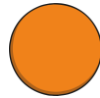
count to 10



talk to a
friend



take a time
out



squeeze my
stress ball



write down
my feelings