

WHAT CAN YOU DO WHEN FEELING?

READ, DRAG AND DROP.



I AM HAPPY. I CAN _____



I AM SCARED. I CAN _____



I AM CALM. I CAN _____



I AM SAD. I CAN _____



I AM IN LOVE. I CAN _____



I AM ANGRY. I CAN _____



COUNT TO TEN

CRY

DANCE

GIVE A HUG

TALK TO AN ADULT

TAKE A DEEP BREATH