

Name _____

I Feel



Happy



Mad

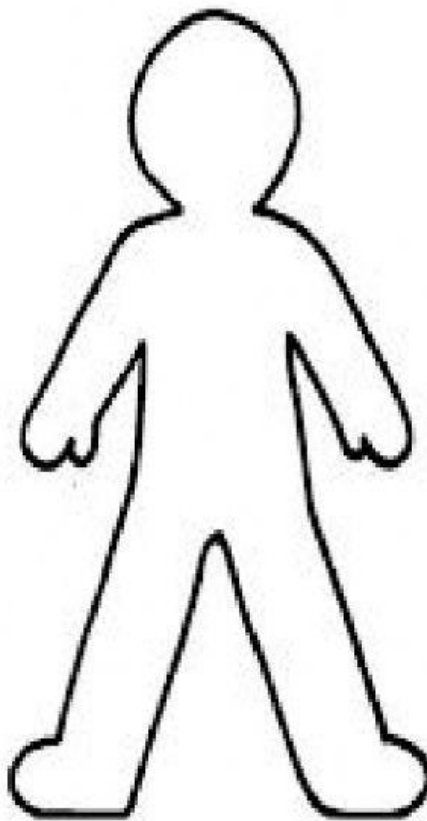


Sad

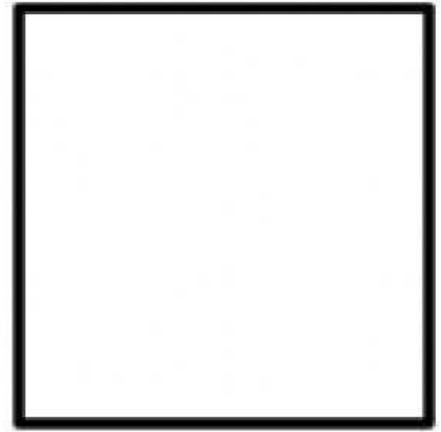


Scared

My Warning Signs



I Will



Stretch



Draw/color



Listen to music



Walk



Talk to an adult



Think of a special
place



Five Finger
Breathing

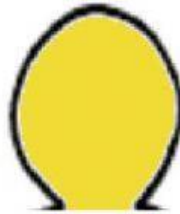


Balloon
Breathing



Dance

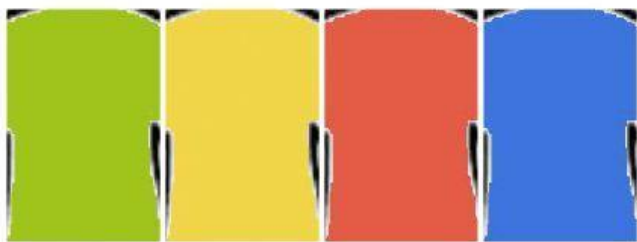
Drag a color for how your head feels:



Drag a color for how your arms feel:



Drag a color for how your chest/stomach feels:



Drag a color for how your legs feel:



