

HOW AM I FEELING?

If I feel...

I can...

Angry
Overwhelmed
Scared
Agitated
Jealous

- Take a deep breath
- Tell a trusted adult
- Stop and walk away
- Count to 10

Worried
Nervous
Embarrassed
Irritated
Silly

- Take a deep breath
- Take a break
- Ask for help
- Use positive self-talk

Happy
Calm
Proud
Focused
Confident

- Help others
- Practice gratitude
- Work on my goals
- Use positive words

Sad
Bored
Sick
Tired
Lonely

- Talk to a trusted adult
- Stretch or exercise
- Get or give a hug
- Get a drink of water

