5 Steps to Managing Big Emotions



When I feel BIG emotions, I can...

Remember that people are not for hurting.

Use my words to say how I feel.

Say what I wish would happen.

Draw or write about how I feel.

Ask for help to solve the problem.

I FEEL...

I CAN...





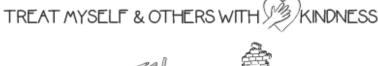
lonely disappointed







silly excited hyper









frustrated annoyed



SELF-TALK





tired



I need help. ASK FOR HELP



















STRETCH OR DO YOGA















shy confused embarrassed





TAKE A BREAK











I FEEL...

I CAN...

























