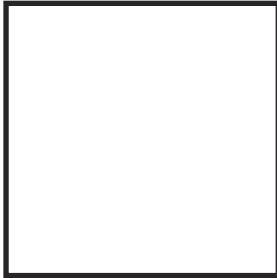


# If I'm Feeling...

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.

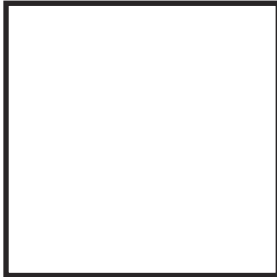
If I'm feeling



I can



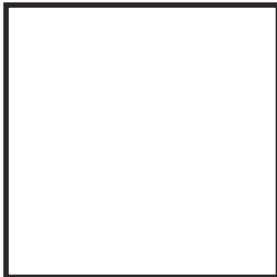
If I'm feeling



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



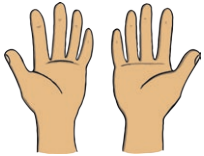
use my  
timer



talk to an  
adult



have some  
time alone



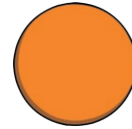
count to 10



talk to a  
friend



take a time  
out



squeeze my  
stress ball



write down  
my feelings