

FEELINGS

and Emotions



Happy



Proud



Excited



Shy



Confused



Sad



Worried



Scared



Angry

CALMING

Strategies



Take 10 deep breaths.



Listen to music.



Wall push ups.



Count to 10.



Drink water.



Exercise.



Give yourself a hug.



Think happy thoughts



Draw or color.

CALMING

Strategies



Yoga.



Quiet time.



Write my feelings down.



March in place.



Play with blocks or puzzles.



Stress ball or fidget.



Read a book.



Take a walk.



Relax on pillows.

I'M READY

To Make Good Choices



I can do my best work.



I am kind.



I am helpful.



I am listening.



I stay focused.



I think before I speak.



I am respectful.



I am honest.



I am ready to work.