

When I feel \_\_\_\_\_,  
I can...

shuffle cards



When I feel \_\_\_\_\_,  
I can...

write it down,  
rip it up and  
throw it away



When I feel \_\_\_\_\_,  
I can...

take a  
deep  
breath  
using a  
pinwheel



When I feel \_\_\_\_\_,  
I can...

play an  
instrument

