

WHEN I AM HAPPY I CAN:

SAY, "I FEEL HAPPY"

DO THINGS I ENJOY

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WHEN I AM SAD I CAN:

SAY, "I FEEL SAD"

THINK OF POSITIVE SOLUTIONS

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MAD

WHEN I AM MAD I CAN:

SAY, "I FEEL MAD"

DO A CALMING STRATEGY

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WHEN I AM SCARED I CAN:

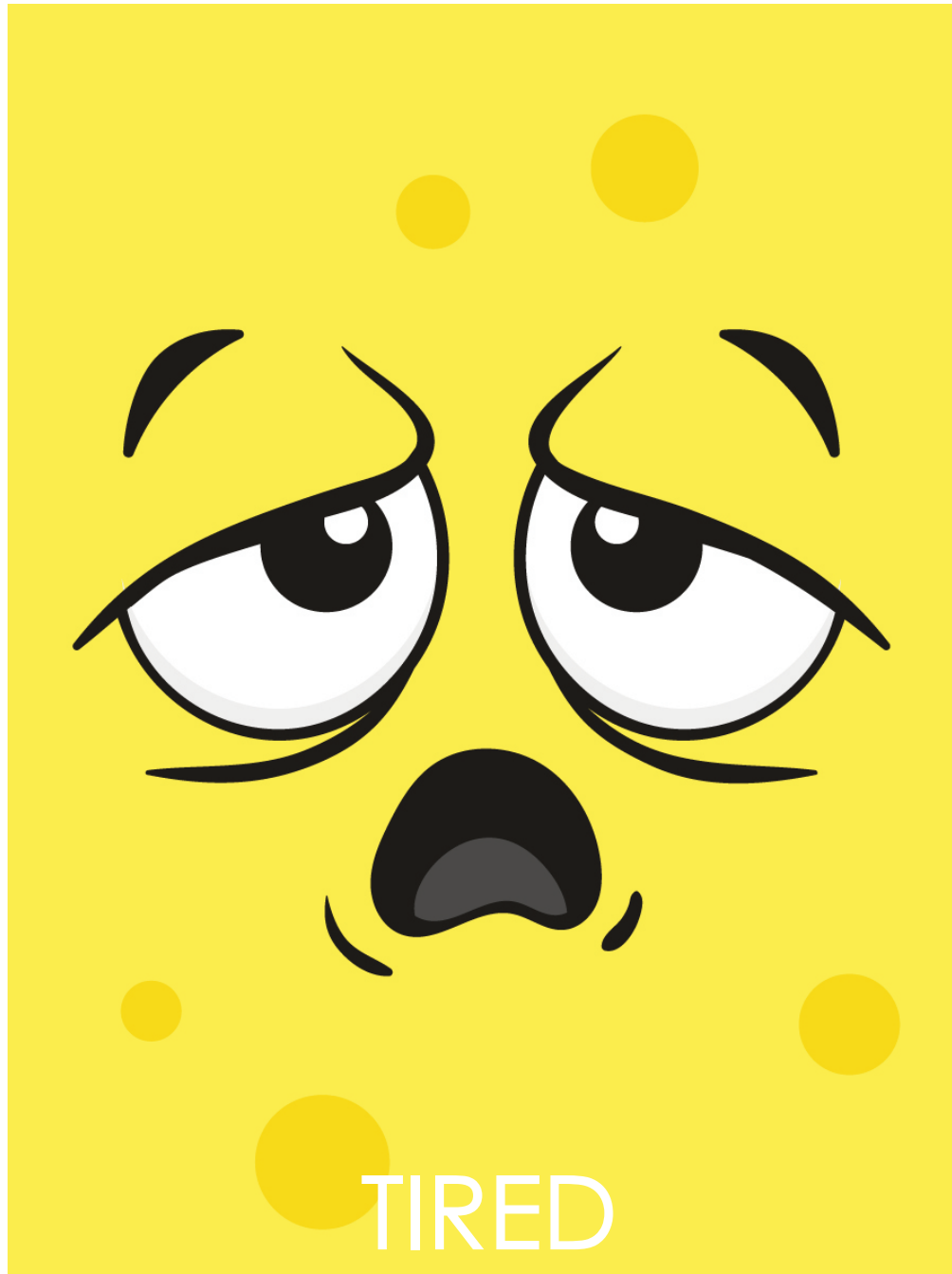
SAY, "I FEEL SCARED"

ASK FOR HELP

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WHEN I AM TIRED I CAN:

SAY, "I FEEL TIRED"

TAKE A BREAK OR A NAP

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WHEN I AM CONFUSED I CAN:

SAY, "I FEEL CONFUSED"

ASK FOR MORE INFORMATION

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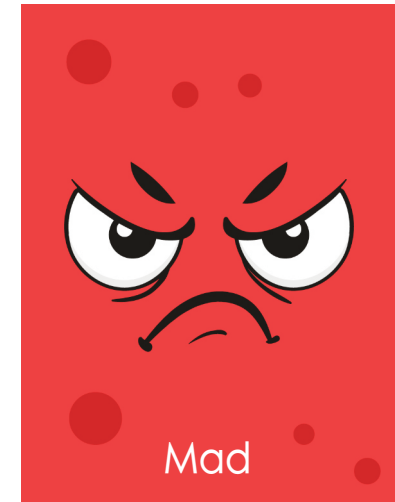
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Do things I enjoy



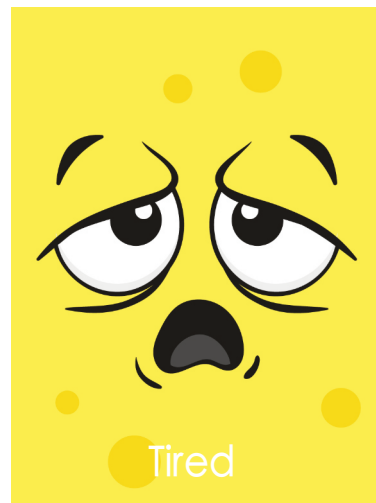
Find a positive solution



Use a calming strategy



Ask for help



Take a break or nap



Ask for more info