

# All Feelings Are OK

Feelings do not last. I can control how I react.

Do a Happy Dance

Take 10 Deep Breaths

Sing

Draw a Happy Picture

Tell Someone

Share a Smile

Give a friend A Hug (Ask first)

When I feel Happy I can

Listen to Exciting Music

Make Funny Faces

Tell Someone

Take 10 Deep Breaths

Give a Friend A High Five

Write about My Adventure

Jump Up and Down for one Minute

When I feel Excited I can