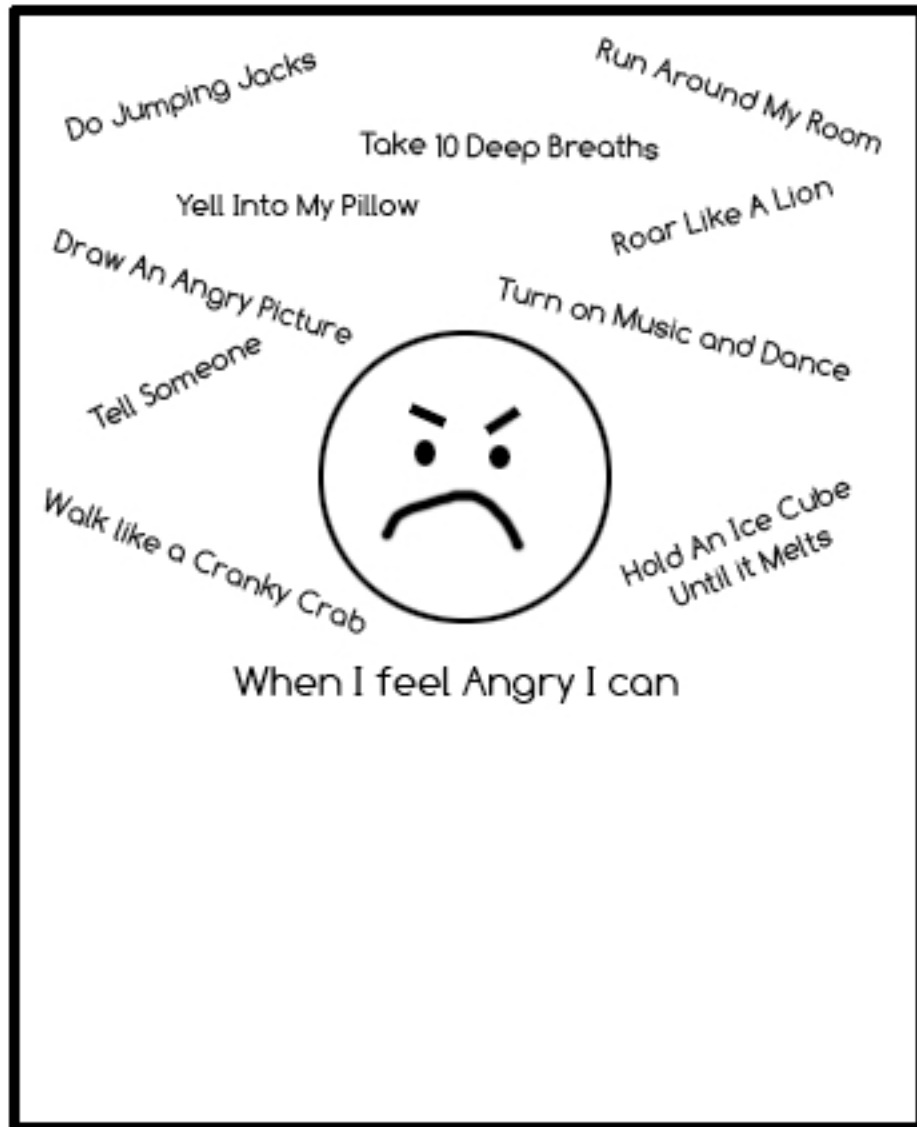


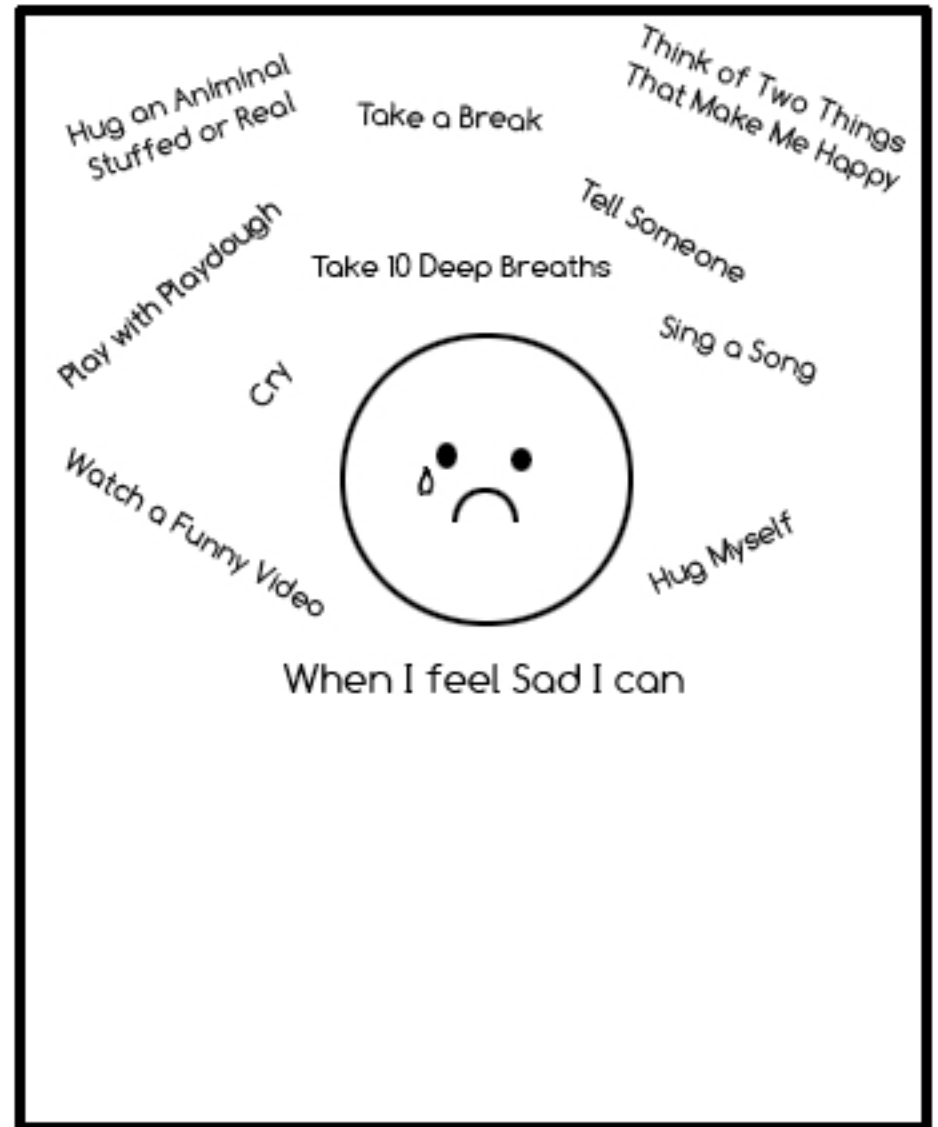
All Feelings Are OK

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



When I feel Angry I can

- Do Jumping Jacks
- Run Around My Room
- Take 10 Deep Breaths
- Yell Into My Pillow
- Roar Like A Lion
- Draw An Angry Picture
- Turn on Music and Dance
- Tell Someone
- Walk like a Cranky Crab
- Hold An Ice Cube Until it Melts



When I feel Sad I can

- Hug an Animal Stuffed or Real
- Take a Break
- Think of Two Things That Make Me Happy
- Play with Playdough
- Tell Someone
- Cry
- Take 10 Deep Breaths
- Sing a Song
- Watch a Funny Video
- Hug Myself