

When I feel

HAPPY

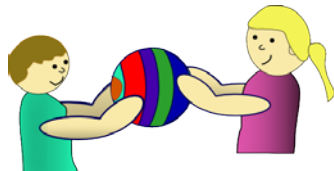


I can

Play with other people



Share



Laugh and have fun



Be kind to others



When I feel

SAD



I can

Talk to someone



Cry



Play with my toys



Get a hug



When I feel

ANGRY



I can

Hit a pillow



Listen to music



Do star jumps



Squeeze a stress ball



When I feel

SCARED



I can

Take deep breaths



Imagine my happy place



Sing a song



Talk to someone



When I feel **DISGUST**



I can

Take deep breaths



Look at a picture of
my happy place



Do my relaxation



Draw a picture of
something I like

