When I feel **HAPPY**

- Play with other people
- Share
- Laugh and have fun
- Be kind to others

When I feel **SAD**

- Talk to someone
- Cry
- Play with my toys
- Get a hug

Inside Out character images are owned by Disney Pixar
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

Inside Out character images are owned by Disney Pixar
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