



**WHEN I FEEL SILLY  
(HAPPY), I WILL USE \_\_\_\_\_ TO  
HELP ME CALM DOWN.**

How will this help me?

How to do the activity:



**WHEN I FEEL SAD, I  
WILL USE \_\_\_\_\_ TO  
HELP ME FEEL BETTER.**

How will this help me?

How to do the activity:



**WHEN I FEEL MAD, I  
WILL USE \_\_\_\_\_ TO  
HELP ME CALM DOWN.**

How will this help me?

How to do the activity:



**WHEN I FEEL NERVOUS  
(SCARED), I WILL USE  
\_\_\_\_\_ TO  
HELP ME FEEL BETTER.**

How will this help me?

How to do the activity: