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: