

STUDENT ACTIVITY

Take Care of You!

Here are some strategies for dealing with big feelings. Talk to a trusted adult Count to 10 Do a puzzle Go for a walk Play a game Draw Take deep breaths Listen to music Read	Talk to a trusted adult Go for a walk Take deep breaths Listen to music When I feel Scared Sad	agine vou're feeling angry	or sad. It helps to have strategie	es for dealina with these emo
Go for a walk Play a game Draw Take deep breaths Listen to music Read Fill in the chart with the ways you deal with feelings. When I feel I Can Scared Sad	Talk to a trusted adult Count to 10 Do a puzzle Go for a walk Play a game Draw Take deep breaths Listen to music Read Fill in the chart with the ways you deal with feelings. When I feel Scared Sad Worried Lonely Angry	mplete the activities below	to find strategies that work for	you.
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Take deep breaths Listen to music Read Fill in the chart with the ways you deal with feelings. When I feel Scared Sad	Take deep breaths Listen to music Read Fill in the chart with the ways you deal with feelings. When I feel Scared Sad Worried Lonely Angry	Talk to a trusted adult	Count to 10	Do a puzzle
Fill in the chart with the ways you deal with feelings. When I feel Scared Sad	When I feel Scared Sad Worried Lonely Angry	Go for a walk	Play a game	Draw
When I feel Scared Sad	When I feel Scared Sad Worried Lonely Angry	Take deep breaths	Listen to music	Read
Scared Sad	Scared Sad Worried Lonely Angry	Fill in the chart with the wo	ys you deal with feelings.	
Sad	Sad Worried Lonely Angry	When I feel	Can	
	Worried Lonely Angry	Scared		
Worried	Lonely Angry	Sad		
	Angry	Worried		
Lonely		Lonely		
Angry	Oraw a picture of yourself using one of the strategies.	Angry		
		Write a sentence that tells	how you feel after using the str	ategy.
Write a sentence that tells how you feel after using the strategy.	Write a sentence that tells how you feel after using the strategy.			