

STUDENT ACTIVITY

Take Care of You!

NAME: _____

DATE: _____

Imagine you're feeling angry or sad. It helps to have strategies for dealing with these emotions. Complete the activities below to find strategies that work for you.

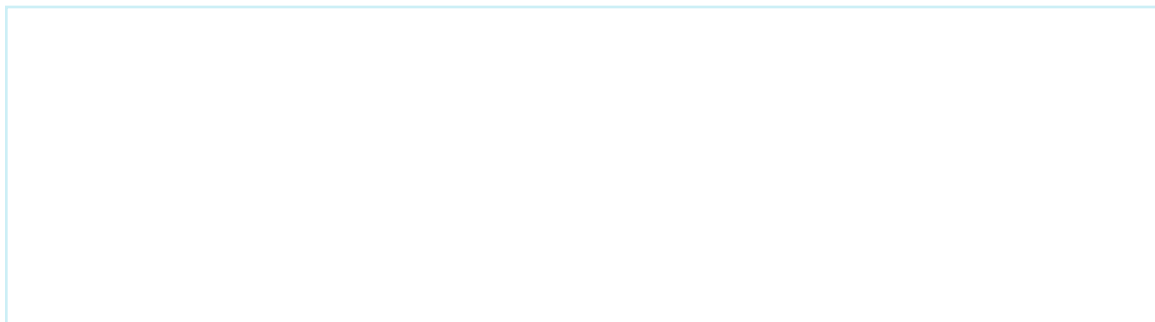
1. Here are some strategies for dealing with big feelings.

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

2. Fill in the chart with the ways you deal with feelings.

When I feel...	I Can...
Scared	
Sad	
Worried	
Lonely	
Angry	

3. Draw a picture of yourself using one of the strategies.



4. Write a sentence that tells how you feel after using the strategy.
