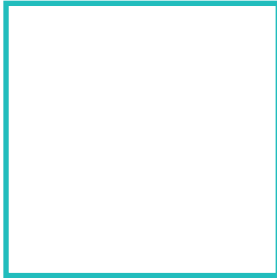


If I'm Feeling...

Choose three feelings to paste into the 'If I'm feeling' box. Then, decide which strategies would help you the most when you feel that way and paste them into the 'I can' box.

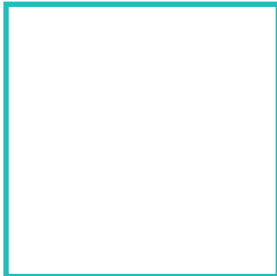
If I'm feeling



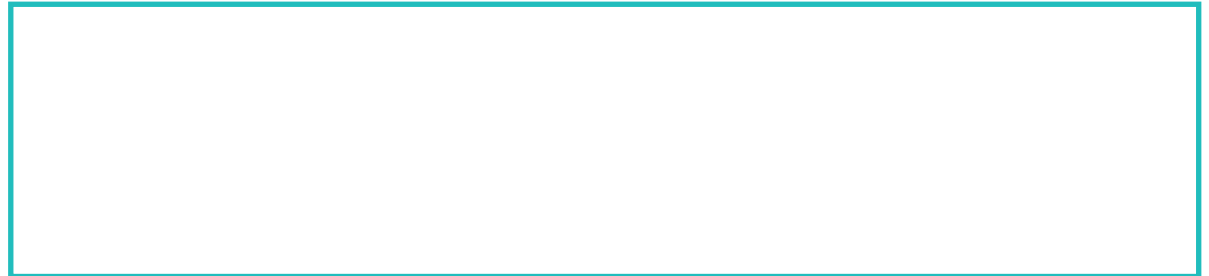
I can



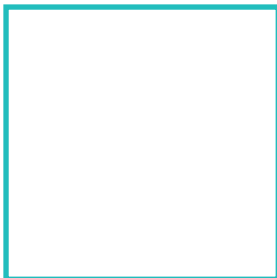
If I'm feeling



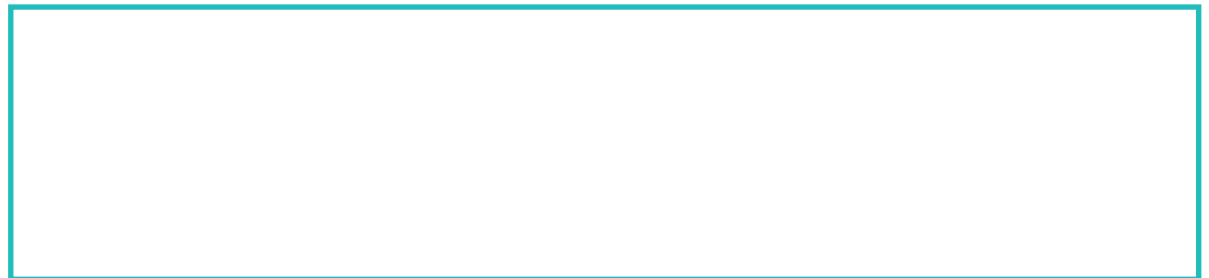
I can



If I'm feeling



I can





shy



sad



lonely



worried



angry



nervous



scared



stressed



listen to
music



hold my
favourite toy



take deep
breaths



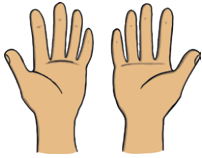
use my
timer



talk to an
adult



have some
time alone



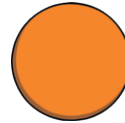
count to 10



talk to a
friend



take a time
out



squeeze my
stress ball



write down
my feelings



have a drink
of water



go for a
walk