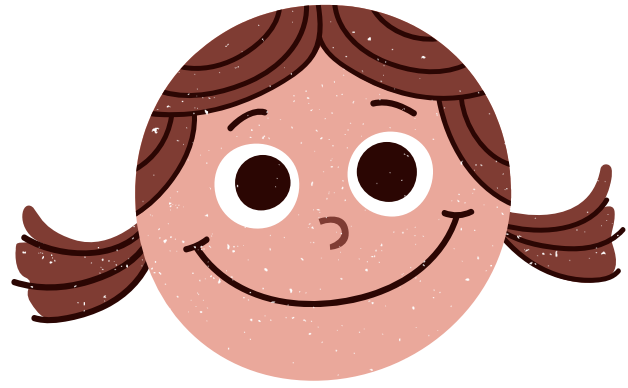


Today I am feeling...



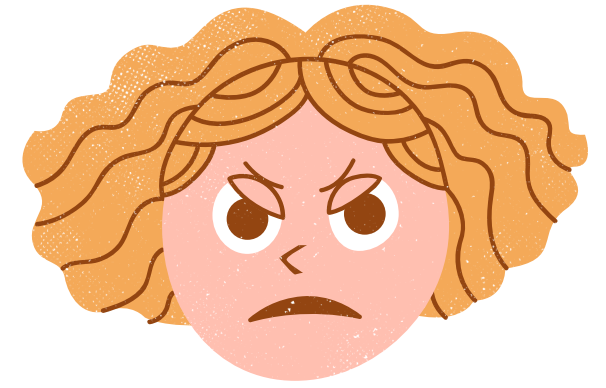
Happy



Sad



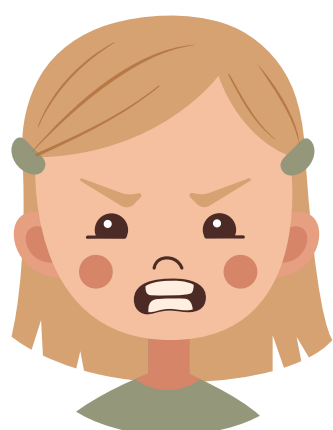
Excited



Angry



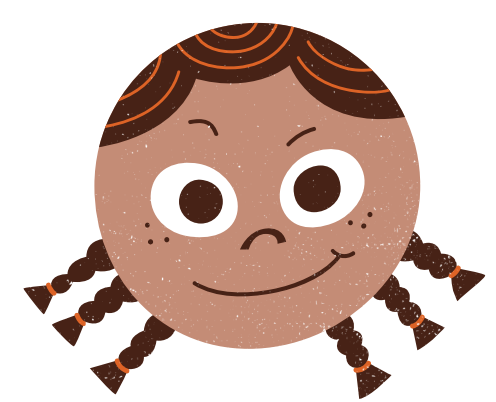
Lonely



Frustrated



Shy



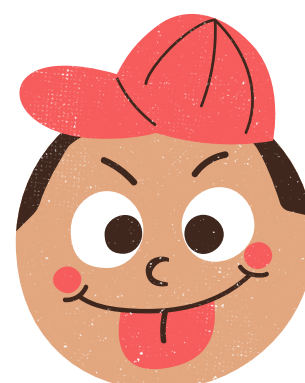
Proud



Surprised



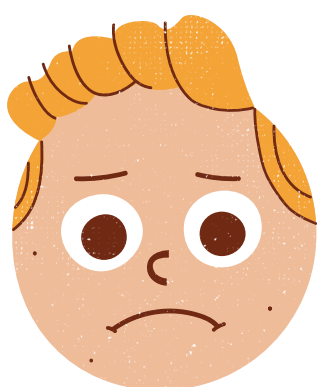
Embarrassed



Silly



Worried



Disappointed



Scared



Calm

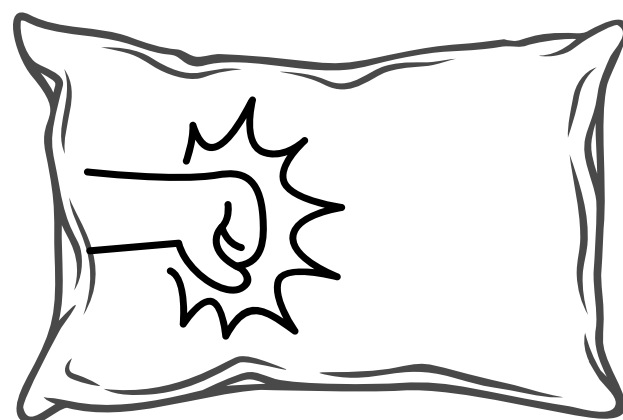


Nervous

I calm down if I



**Draw or scribble
my feelings**



Punch my pillow



Name my feeling



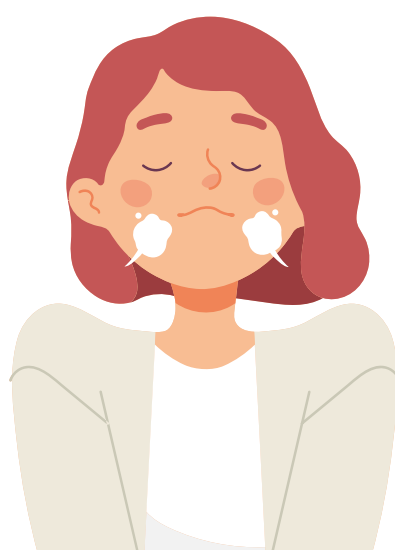
**Squeeze a
stress ball**



**Cuddle my
stuffy**



**Do jumping
jacks**



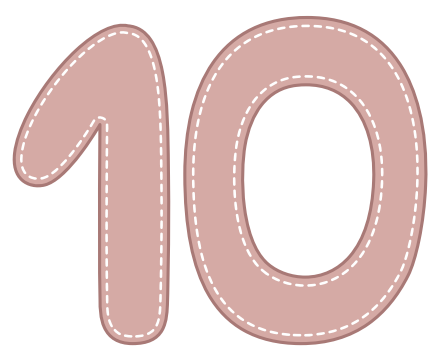
**Take a deep
breath**



Listen to music



Ask for a hug



Count to 10



Dance



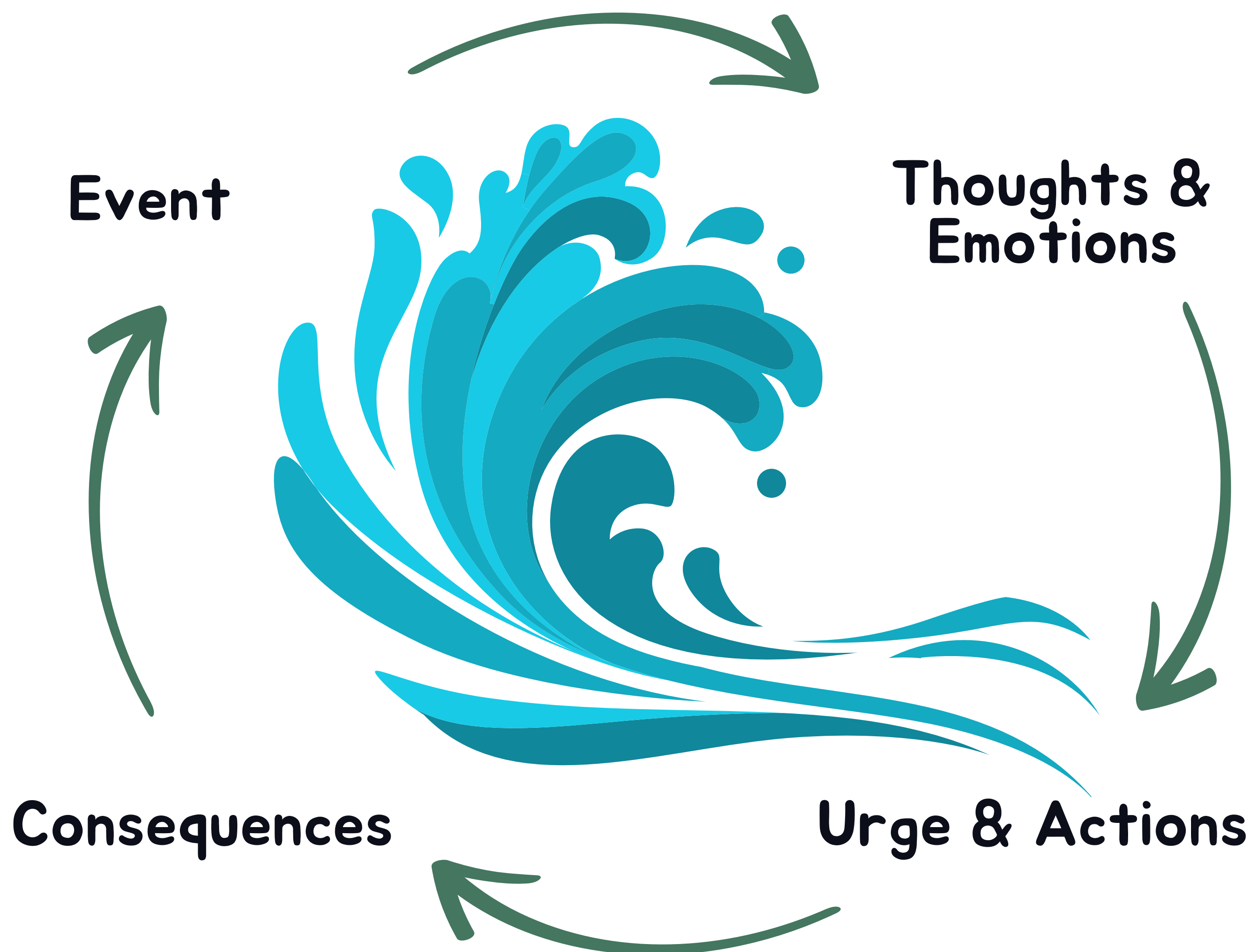
Drink water

Emotions are waves

Waves come and go, and so do emotions. When you feel overwhelmed, imagine you are riding a wave. You can feel its power - fast, overwhelming, maybe even a little scary.

You can't stop the wave, but if you ride it, breathe, and let it carry you, you'll eventually feel it lose its strength.

Every wave, no matter how big, eventually rolls into the shore and settles. It's the same with emotions. When you feel overwhelmed - angry, frustrated, sad, don't act right away. Wait. Let the emotional wave rise, crest, and roll in. If you try to fight it or act in the heat of it, you're more likely to regret what you say or do. But if you ride it out, you'll find clarity and calm waiting on the shore.



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