

When I feel too angry



take five deep breaths



say how I feel in calm words



have a drink of water



go for a walk



take a break in a quiet place



use a fidget or calm down jar

When I feel too sad



take five deep breaths



say how I feel in calm words



take a break in a quiet place



read or listen to a story



cuddle a stuffed toy



blow bubbles

When I feel too worried



take five
deep breaths



say how I feel in
calm words



have a
drink of water



go for a walk



take a break in a
quiet place



blow bubbles