

HOW DO

I FEEL?

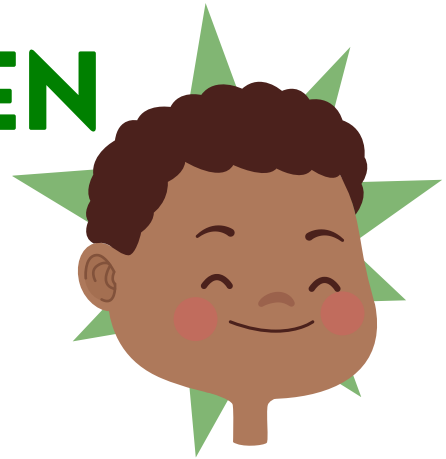
BLUE

sick
sad
tired
bored



GREEN

happy
calm
focused
ready



YELLOW

frustrated
worried
anxious
nervous



RED

angry
terrified
out of control
elated



HOW CAN YOU HELP YOURSELF?

BLUE

sick
sad
tired
bored



What can you do?

talk to someone
take deep breaths
close my eyes
stretch

GREEN

happy
calm
focused
ready



What can you do?

play with friends
learn new things
sing in circle time
dance
color or sing

YELLOW

frustrated
worried
anxious
nervous



What can you do?

talk to someone
count
take deep breaths
squeeze something
take a break

RED

angry
terrified
out of control
elated

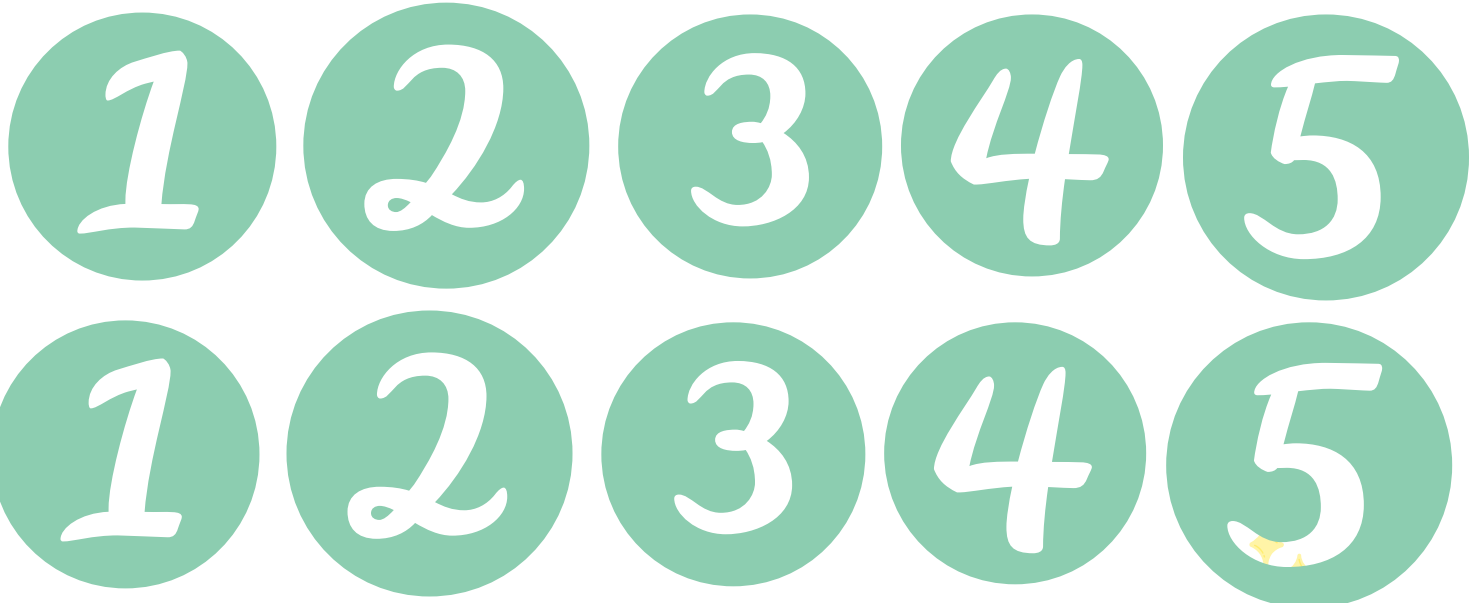


What can you do?

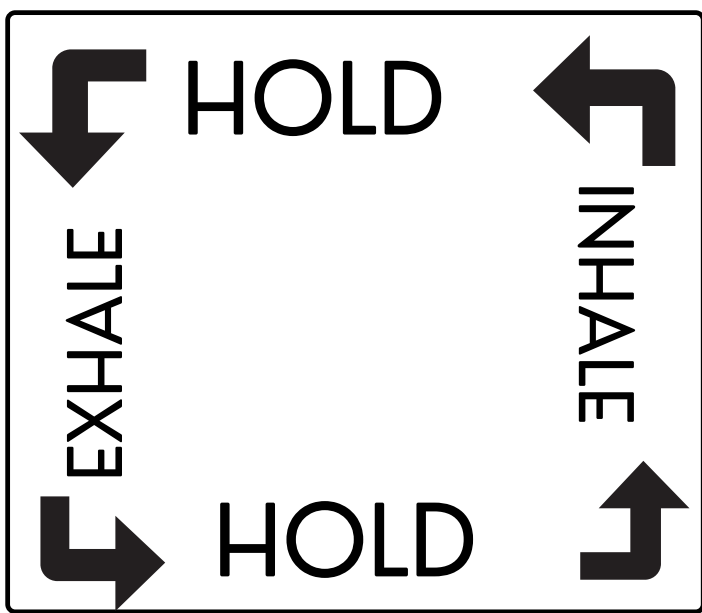
stop what I am doing
take a deep breath
say how I feel
find a safe or quiet space
ask for help

BREATHING EXERCISES

Take 5 deep breaths. As you inhale, pick up the number card. As you exhale, place it in the matching box.



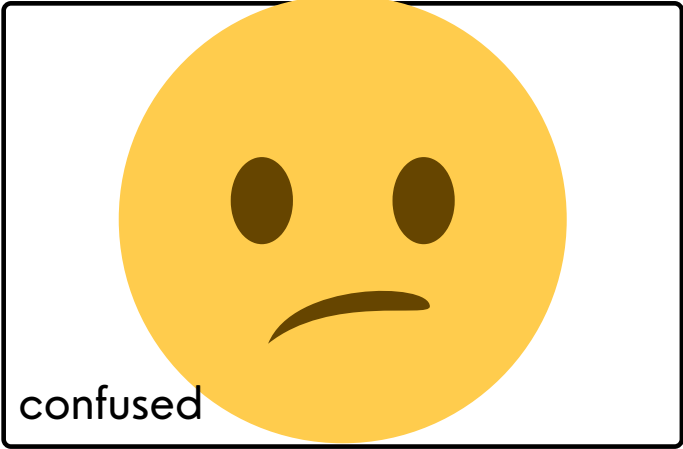
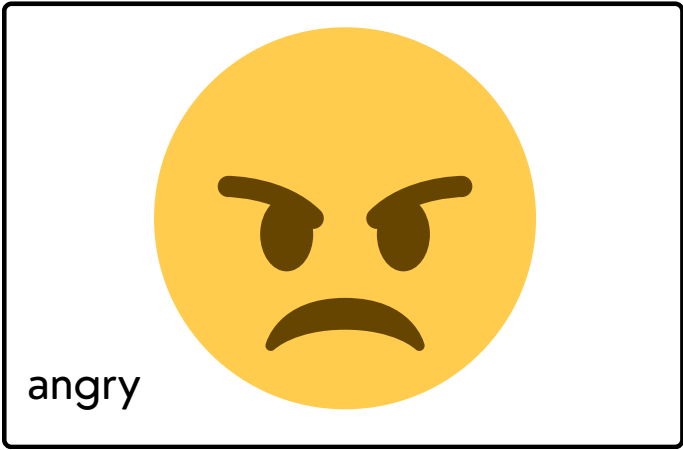
Square breathing



Triangle breathing

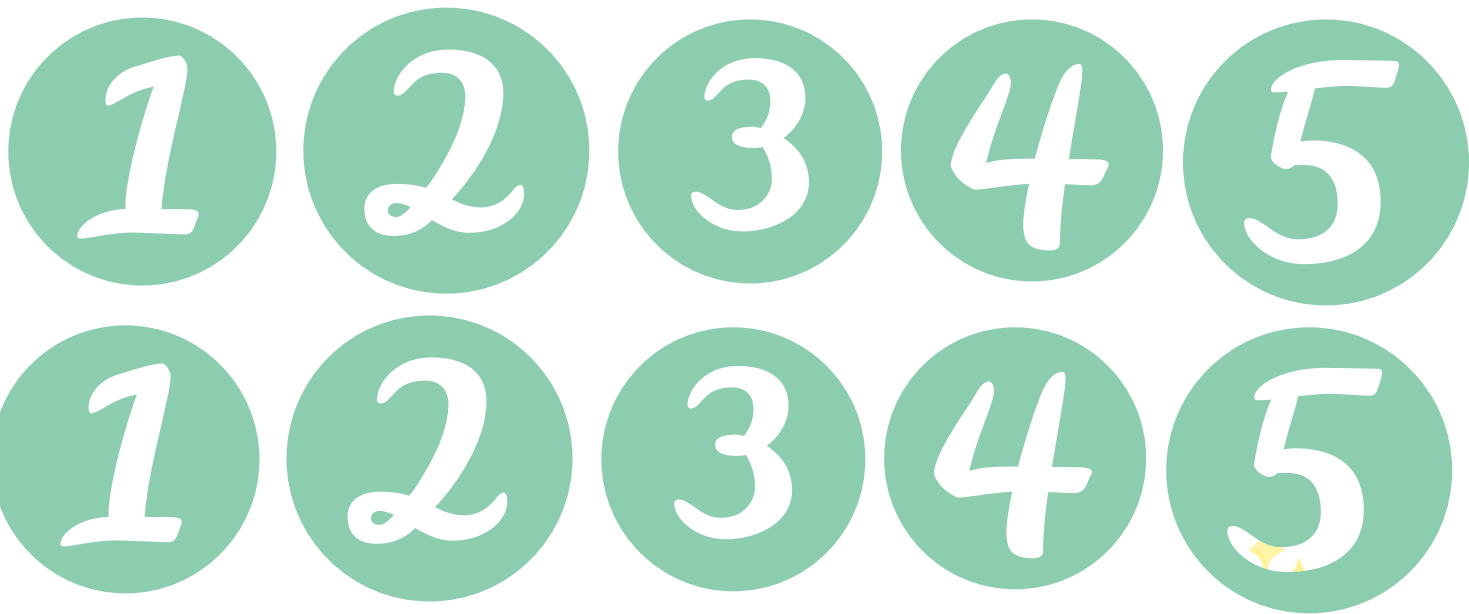


HOW I FEEL

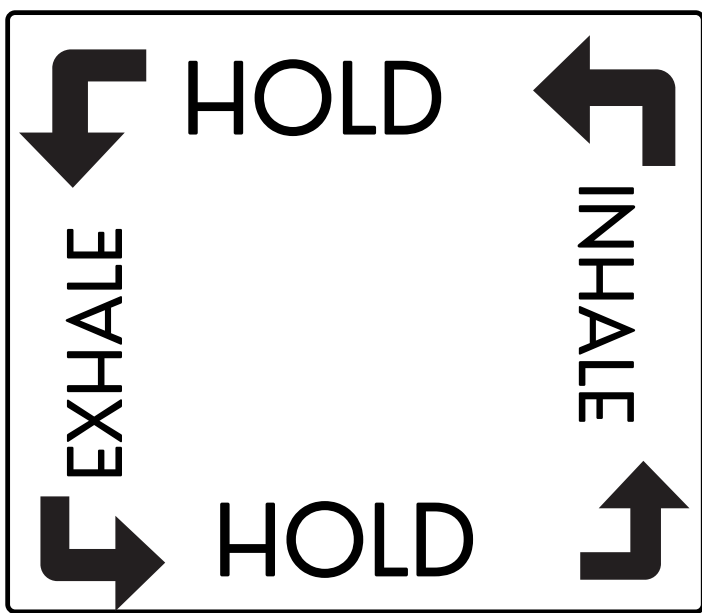


BREATHING EXERCISES

Take 5 deep breaths. As you inhale, pick up the number card. As you exhale, place it in the matching box.



Square breathing



Triangle breathing



I CAN CHOOSE

jumping
jacks



hug



reading



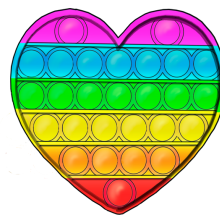
water



color



fidget
tool



I CAN CHOOSE

Deep
breathing



wiggle



reading



counting

1 2 3

talk



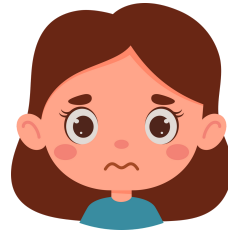
music/
song



I CAN CALM DOWN

Sometimes I get angry and upset
and that is ok.

I can calm down.



First, I use my words and say how I
feel.



Then, I pick a calm-down choice.

It is not okay to hurt myself or
others or break things.



Using my words and calming down
keeps everyone safe.

I can feel better after picking a
calm-down choice.



I AM READY TO GO

My body is relaxed

I can use nice words

I have a calm voice

I am ready to be with my friends

I am calm and ready to go



