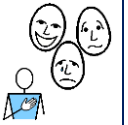







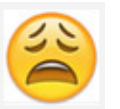
How are you feeling?





happy 


joy
loving
playful
calm/relaxed
proud
thankful



sad 


upset
disappointed
bored
lonely
tired
hungry or thirsty
injured



surprised 


excited
silly
shocked
amazed
astonished
confused



angry 


cross/mad
annoyed
aggressive
frustrated
furious
jealous

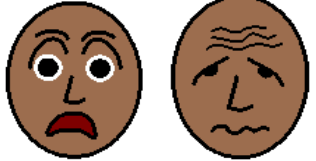

disgusted 

embarrassed
ashamed
guilty
sick
messy

scared 

frightened
worried
nervous
insecure
helpless
uncomfortable
stressed
overwhelmed

The ABC's to help you feel better



A is for ask for a break or a rest 	B is for big breaths 	C is for count 	D is for drink some water 	E is for explain your feelings 	F is for find a friend to help you 	
G is for get a hug 	H is for help 	I is for illustrate 	J is for a joke to cheer you up 	K is for kick a ball 	L is for listen to music 	
M is for make something 	N is for note it down 	O is for go outside for fresh air 	P is for pat something soft 	Q is for quietly read a book 	R is for reflect and find a solution 	S is for squeeze something 
T is for talk to someone 	U is for use a soft toy to hold 	V is for visit another classroom or teacher 	W is for walk away or walk around 	X is for exercise 	Y is for your choice 	Z is for zap the bad thoughts and think happy thoughts 