

# How can we manage our feelings?

I FEEL...



I CAN...

TAKE DEEP  BREATHS

TREAT MYSELF & OTHERS WITH  KINDNESS

CREATE ART  OR BUILD  SOMETHING.

USE POSITIVE  SELF-TALK

 I need help. ASK FOR HELP

 EXERCISE

FOCUS  ON THE GOOD

STRETCH OR  DO YOGA

BRAINSTORM  SOLUTIONS &  TRY AGAIN

GET A DRINK OF  WATER

 TAKE A BREAK

TALK  OR WRITE  ABOUT IT