




WHEN I FEEL

WORRIED

I CAN TALK TO:

-  MUM
-  DAD
-  SIS

I CAN TRY THIS BREATHING ACTIVITY:

BELLY BREATHING

STAR BREATHING

IT'S SAFE TO FEEL

My Feelings

I CAN TELL MYSELF:

- THIS IS TOUGH BUT SO AM I
- I CAN ALWAYS ASK FOR HELP
- I CAN GET THROUGH THIS
- I AM SAFE AND LOVED

I CAN TRY THESE THINGS TO FEEL BETTER:

GIVE SOMEONE A HUG

WRITE IN A JOURNAL

HUM OR SING A SONG

CALL MY GRANDMA

PLAY WITH MY SISTER

HAVE A SNACK

I CAN MOVE MY BODY BY:

- GOING ON A RUN**
- RIDING MY BIKE**

I CAN LISTEN TO:

- CALMING MUSIC**
- MY FAVOURITE SNGS**
- PODCASTS**

FEELINGS COME AND FEELINGS GO

