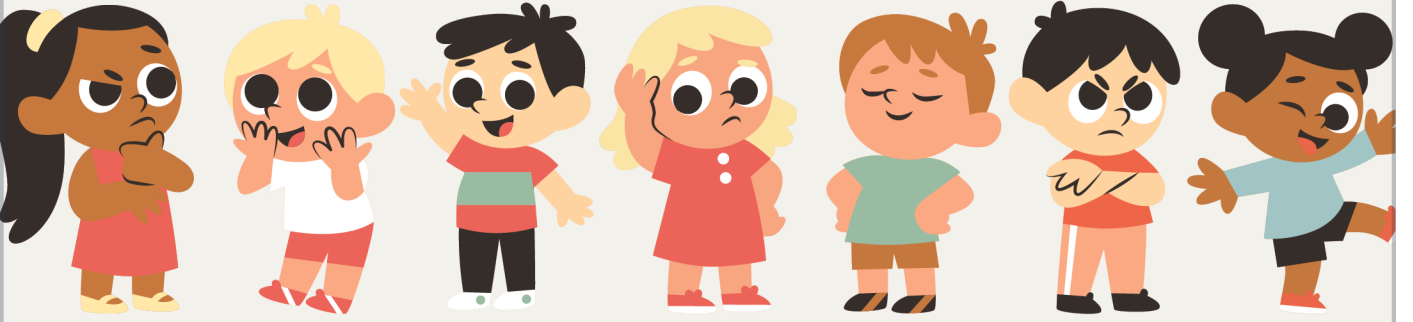


All About FEELINGS



CHECK IN

How are you feeling today?

SAD



HAPPY



MAD

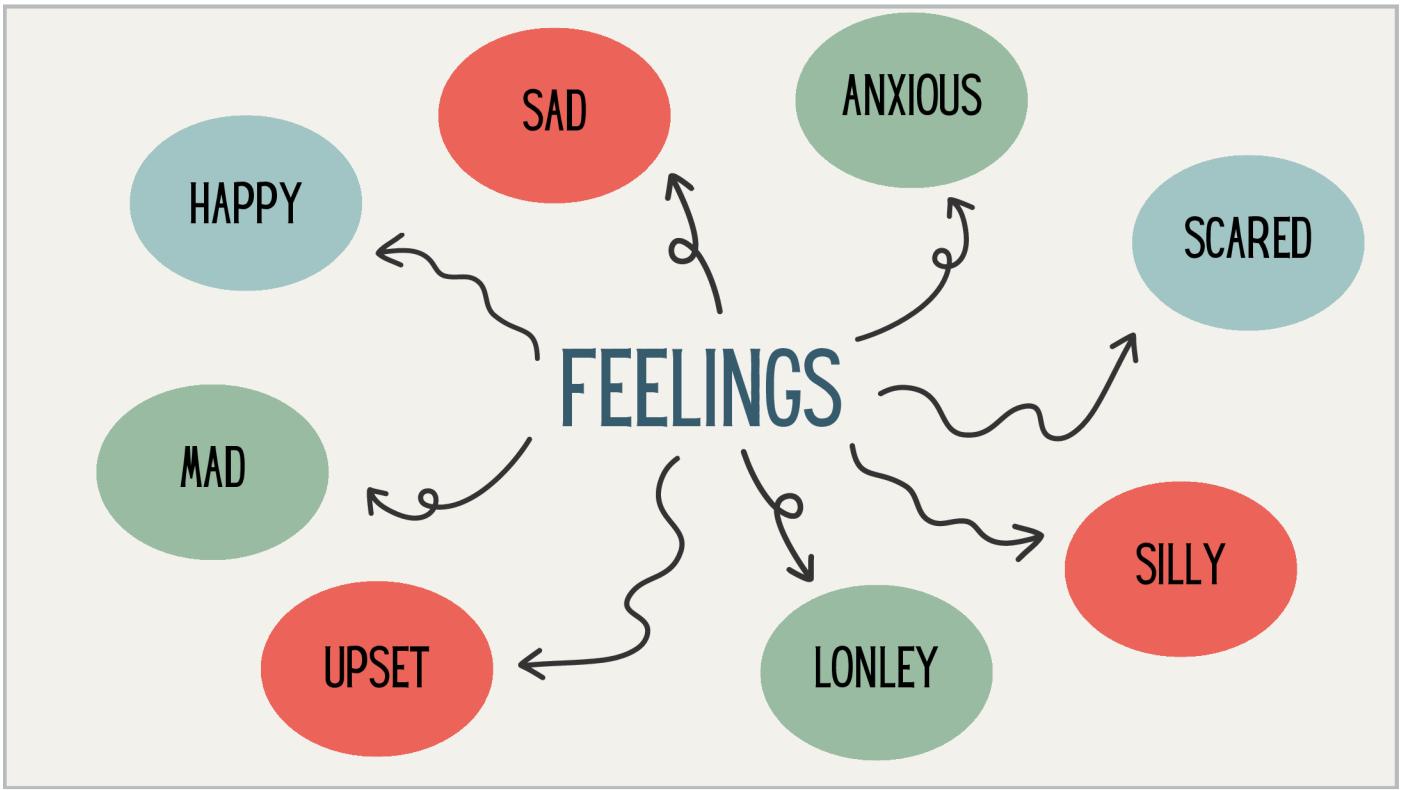


TIRED



WHAT ARE SOME
FEELINGS THAT YOU
CAN HAVE?





WHAT ARE SOME THINGS
THAT MAKE YOU FEEL
HAPPY?





TURN AND TALK
TO A FRIEND:

WHAT CAN YOU DO
WHEN SOMEONE IS SAD?

YOU COULD GIVE THEM A
HUG AND ASK IF THEY
ARE ALRIGHT!



HOW TO CALM DOWN WHEN YOU ARE MAD



TAKE DEEP BREATHS

TALK TO AN ADULT

GO FOR A WALK

Its ok to have
FEELINGS!



TEACHER RESOURCE PAGE

