



Think Sheet

I am Feeling:



Angry



Sad



Scared



Tired



Other

What can I do to feel better?



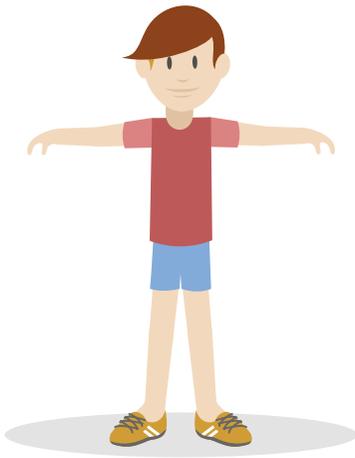
Take deep breaths



Think positive



Count to 10



Stretch my body



Close my eyes & think of my favorite place



Draw/write my feelings