

# WHEN I FEEL WORRIED..

I can talk to:

I can try this breathing activity:

I can tell myself:

- This is tough but so am I.
- I can always ask for help.
- I can focus on things I can control.

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I can go outside and:

It's **SAFE**

to feel my **FEELINGS**

I can try these things to feel better:

Big Life Journal

Give someone a hug

Write in a journal

Hum or sing a song

I can move my body by:

I can listen to:

**FEELINGS  
COME  
AND  
FEELINGS  
GO**