

**We can't always control what happens to us,
but we can always control how we respond.**

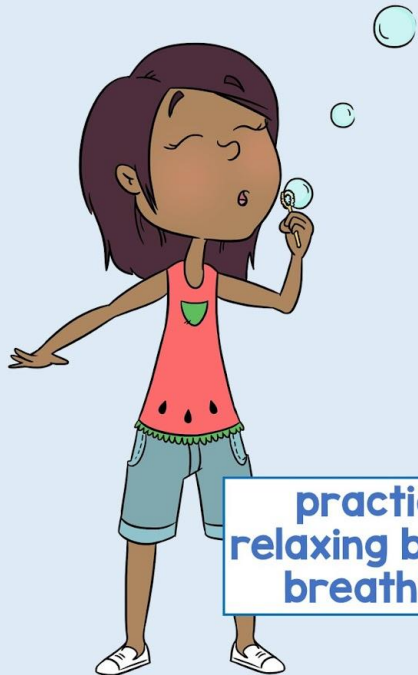
How are you feeling today?

- [Stressed](#)
- [Scared](#)
- [Grumpy](#)
- [Angry](#)
- [Anxious](#)
- [Worried](#)

You can click any of the emotions above to see activities
you can do at home to help.



When I'm feeling stressed I can...



**practice
relaxing bubble
breathing**



**write down 10
positive things
about myself**

call a friend



**look at animal
pictures**



Pretend you are trying to blow the biggest bubble possible for 3 minutes.

- 1. Take a deep breath in.**
- 2. Exhale slowly trying to blow the biggest bubble you can without exhaling too quickly and popping it.**

When I'm feeling scared I can...

make a list of
10 things I'm
grateful for



write down
my thoughts



practice deep
square
breathing for
3 minutes.

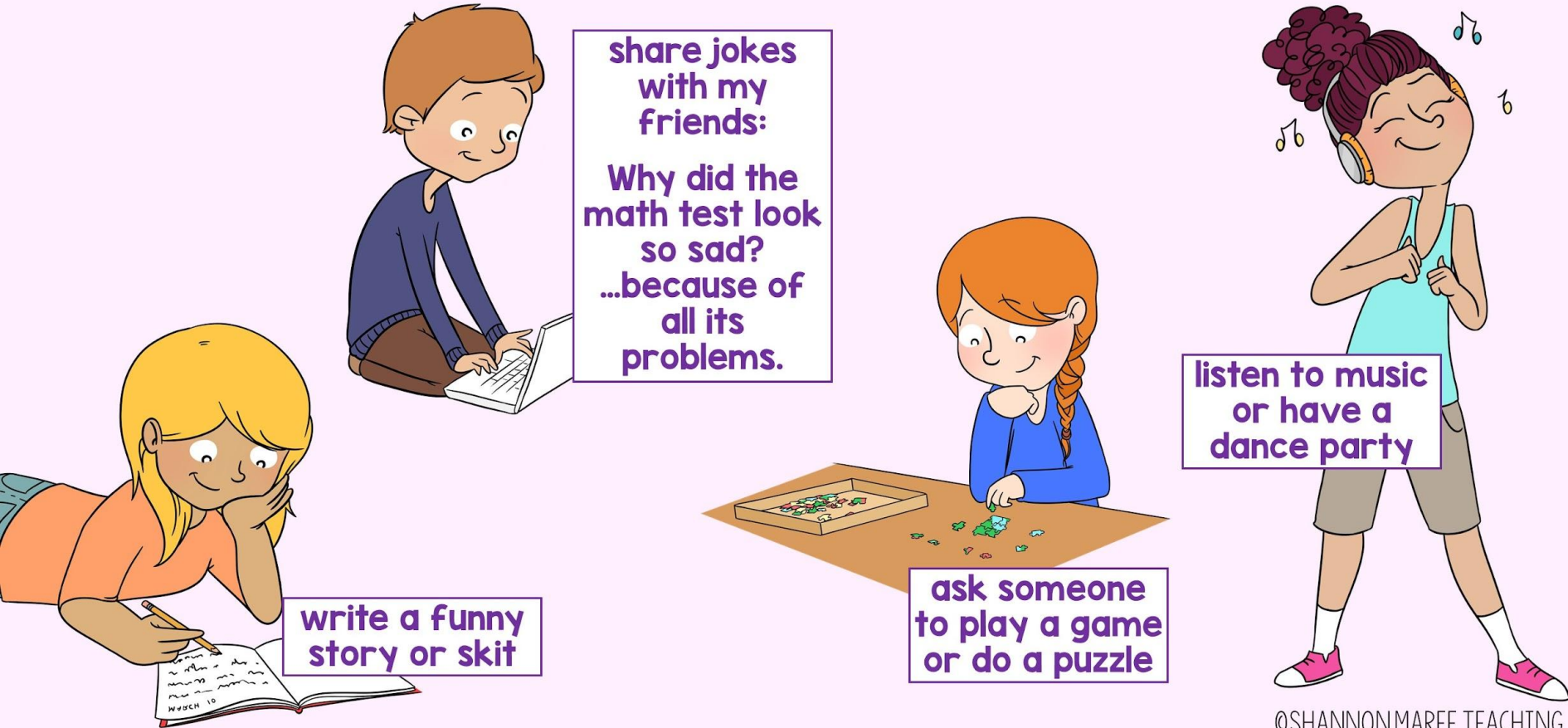
Draw an imaginary box with
your finger. There are 4 sides.

1. Start by drawing one side and breathing in for 4 seconds.
2. Draw the second line and hold your breath for 4 seconds.
3. Draw the third line and breathe out for 4 seconds.
4. Draw the fourth line and hold your breath.



talk to a
trusted adult

When I'm feeling grumpy I can...



When I'm feeling angry I can...



**practice belly
breathing**

Focus on holding your chest still while making your stomach rise and fall for 3 minutes.

1. Lay on your back and put your hands on your stomach.
2. Take a deep breath in and feel your stomach lift your hands.
3. Breathe out and feel your stomach lower.



**get a drink of
water**

**ask an adult to
go for a walk
with me. I can
notice 5 things
I see in
nature.**



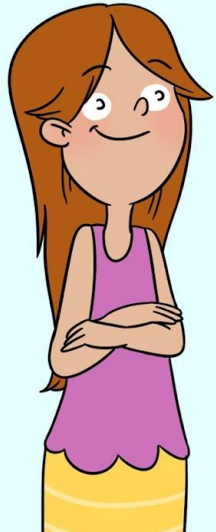
**think of a pet
or someone I
love**

When I'm feeling anxious I can...



**hug someone I
love, a stuffed
animal, or
a pet**

**spend 30
minutes
outside playing
or noticing
nature**



**breathe slowly
and count up
and down
from 10**



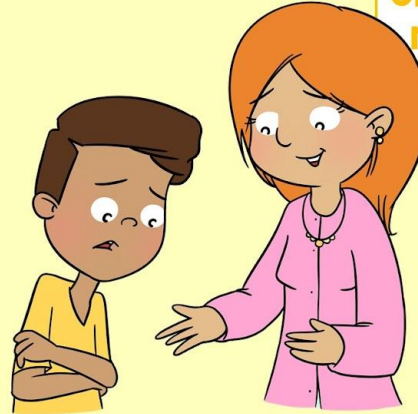
**exercise or
stretch**

When I'm feeling worried I can...

do something I
love



talk to a
trusted adult
or write down
my thoughts



stretch or
exercise



draw a
picture,
cartoon, or
color

