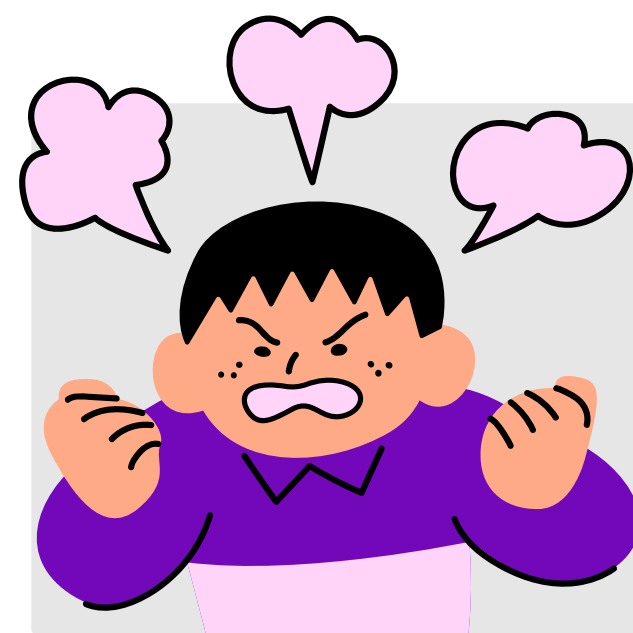
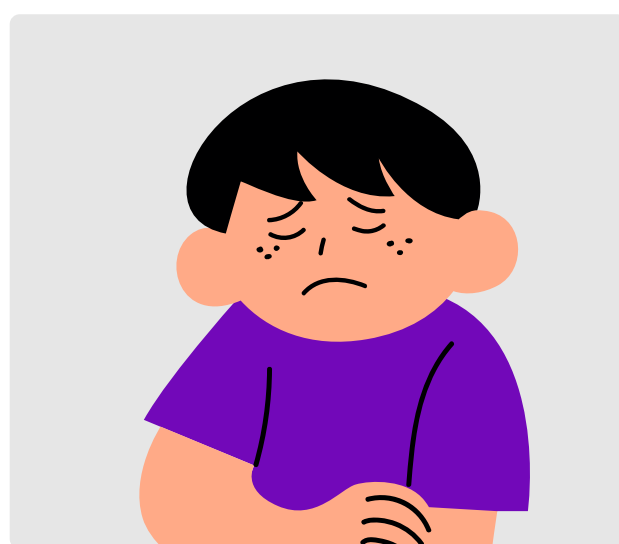




Dealing with Feelings

What COLOR are you feeling today?



Are your feelings turning RED?



Breathe

Things you can do to try to go back to GREEN:



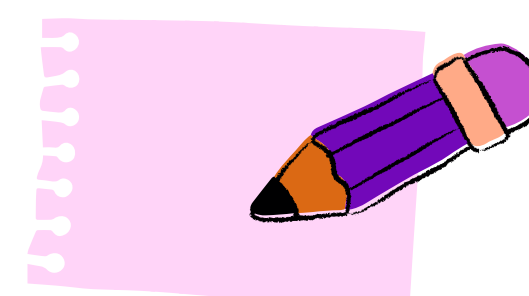
Write in your journal



Read a book



Draw a picture



List things you can see, hear, smell, touch, or taste



Sit in a calming corner



Drink some water