

# HOW ARE YOU FEELING?



# QUICK TOOLS



## 1. ❤️ Big Feelings (When you feel *HOT* or *fast*)

- STOP. Say "I need a minute."
- MOVE. Take 5 stomps or push against a wall.
- BREATHE. In.... and out... Smell a flower, blow out a candle (5 times).
- SIP. Get a drink of water.



## 2. 💙 Low Feelings (When you feel *SLOW* or *quiet*)

- CUDDLE / REST. Ask for a hug or lie down for a rest.
- TALK/ASK. Use your words: "I feel [sad] because..." or "I need help."
- NATURE. Step outside, look out a window, or find something green.
- CREATE. Draw a picture, build with blocks or read a book.



## 3. 🟢 Good Feelings (When you feel *JUST RIGHT*)

- NOTICE. Point to the feeling!
- SHARE. Give someone a high five or a smile!
- BE KIND. Do something nice for someone or say "thank you."
- KEEP GOING. Keep doing what made you feel good!

