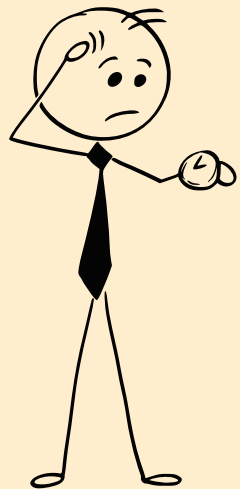


Processing Emotions

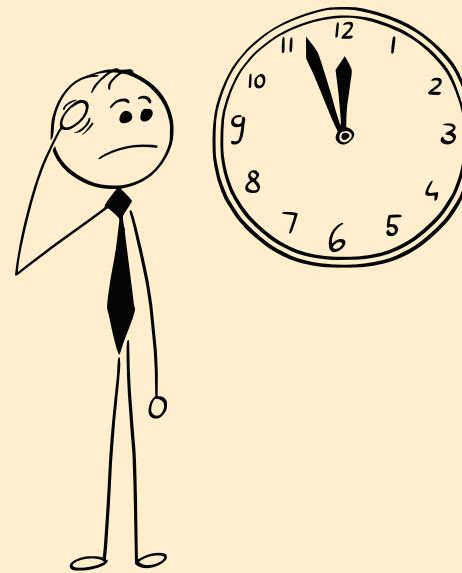
I feel...

impatient



I need to...

find something to do



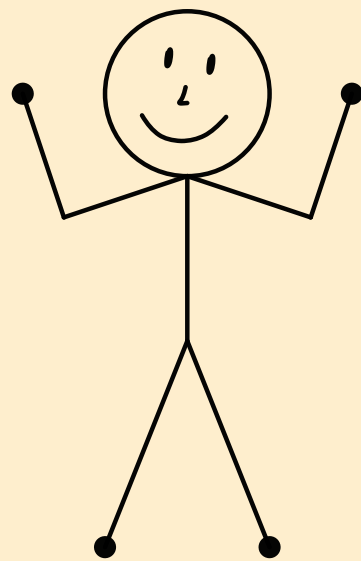
I can...

do jumping jacks,
find things that are
my favourite
colour, sing a song

Processing Emotions

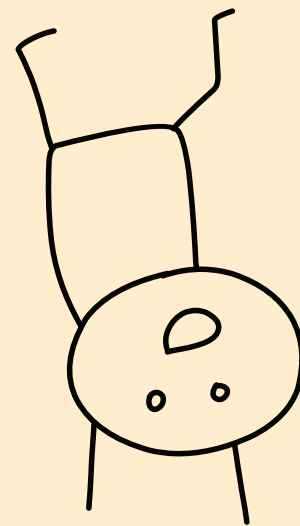
I feel...

excited



I need to...

express my joy.



I can...

smile, do a happy
dance, shout
whoo-hoo

Processing Emotions

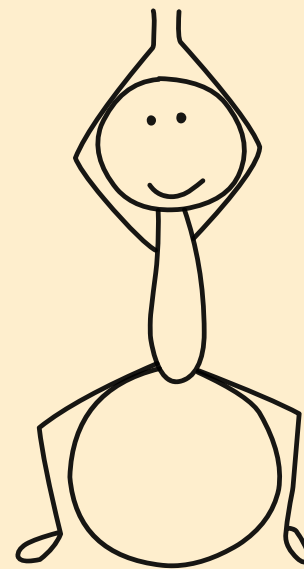
I feel...

frustrated



I need to...

reduce my stress.



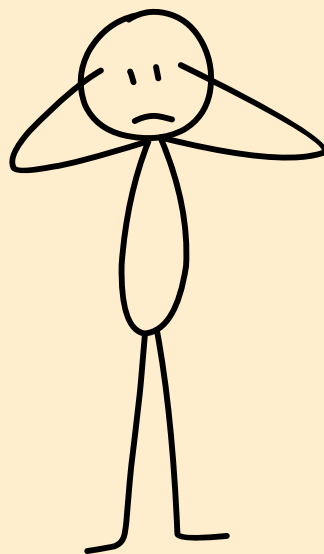
I can...

take a break, take 3 slow
breaths, stretch my
body, blow some bubbles,
squeeze something.

Processing Emotions

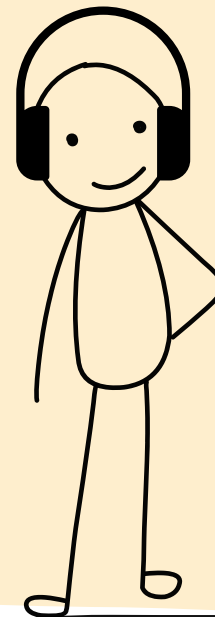
I feel...

overwhelmed



I need to...

reduce sensory input



I can...

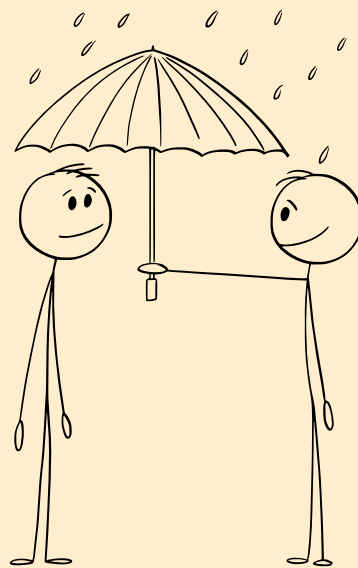
go to a quieter/less busy area, I can go into nature, I can put on my headphones, hoody or sunglasses.

Processing Emotions

I feel...
scared.



I need to...
feel safe.



I can...

Find a safe adult or friend,
hold something special that
makes you feel safe, tell
myself "it's ok to be afraid
but I am safe."

Processing Emotions

I feel...

sad



I need to...

process my feelings
in a safe place with
safe people.

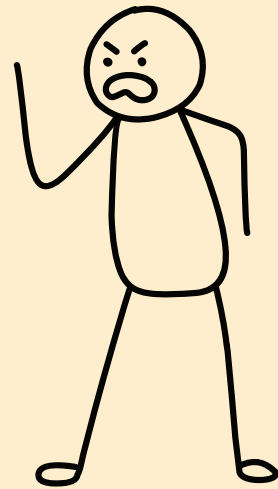
I can...

find someone to comfort
me, snuggle with something
that gives me comfort,
take deep breaths and have
a good cry.

Processing Emotions

I feel...

angry



I need to...

respond to my fight
impulse.



I can...

meet my need to fight in
safe ways by doing push-
ups, punching a pillow,
throwing bean bags,
stomping my feet.

Processing Emotions

I feel...

I need to...

I can...