



Angry

Colour in the strategies you would use to manage anger.

When I feel angry, I can feel better by...



slow breathing



counting to ten



having some quiet time on my own



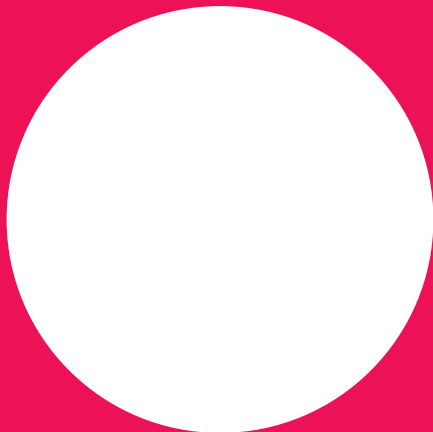
going outside



colouring in



playing with my favourite toy



Add a strategy of your own.



Sad

Colour in the strategies you would use to manage sadness.

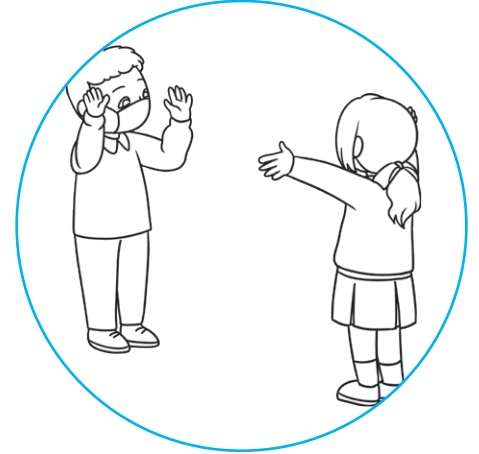
When I feel sad, I can feel better by...



talking to
someone I trust



playing with my
favourite toy



getting an air cuddle



drawing a picture



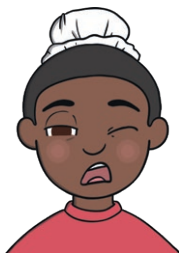
exercising



listening to music



**Add a strategy
of your own.**



Tired

Colour in the strategies you would use to manage tiredness.

When I feel tired, I can feel better by...



having a rest



reading a book



eating a healthy snack



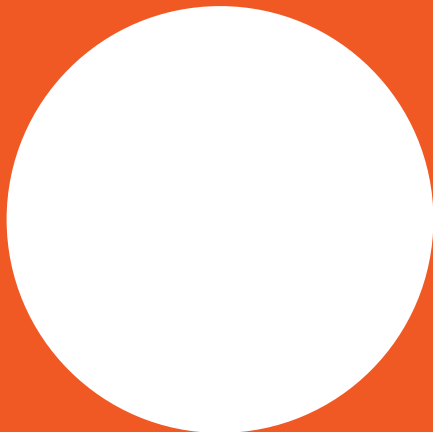
lying down for a nap



going outside



watching a
TV programme



**Add a strategy
of your own.**



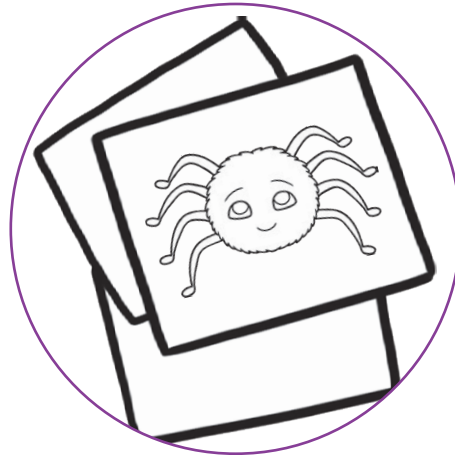
Scared

Colour in the strategies you would use to manage fear.

When I feel scared, I can feel better by...



talking to someone
I trust



drawing a picture of
what I am scared of



getting an air cuddle



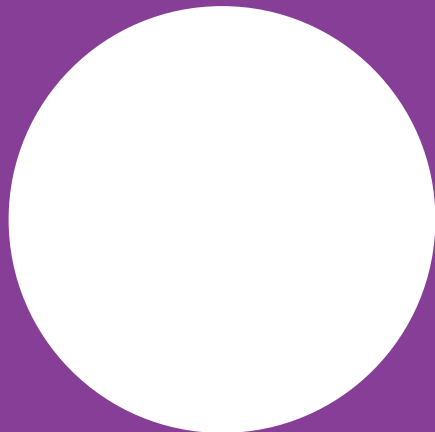
taking deep breaths



thinking about
something else



staying close to
someone from home



**Add a strategy
of your own.**



Bored

Colour in the strategies you would use to manage boredom.

When I feel bored, I can feel better by...



playing outside



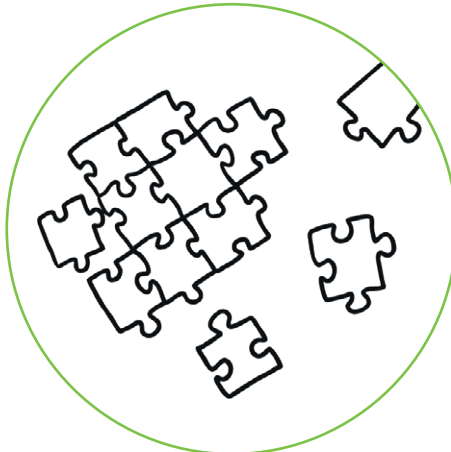
playing a game with someone from home



drawing a picture



reading a book



doing a jigsaw puzzle



building a den



Add a strategy of your own.