

Sometimes
we
feel happy.



Sometimes we
feel bad.





Maybe because you got
in trouble.

@WillieMcCarthy

When you feel
Worried



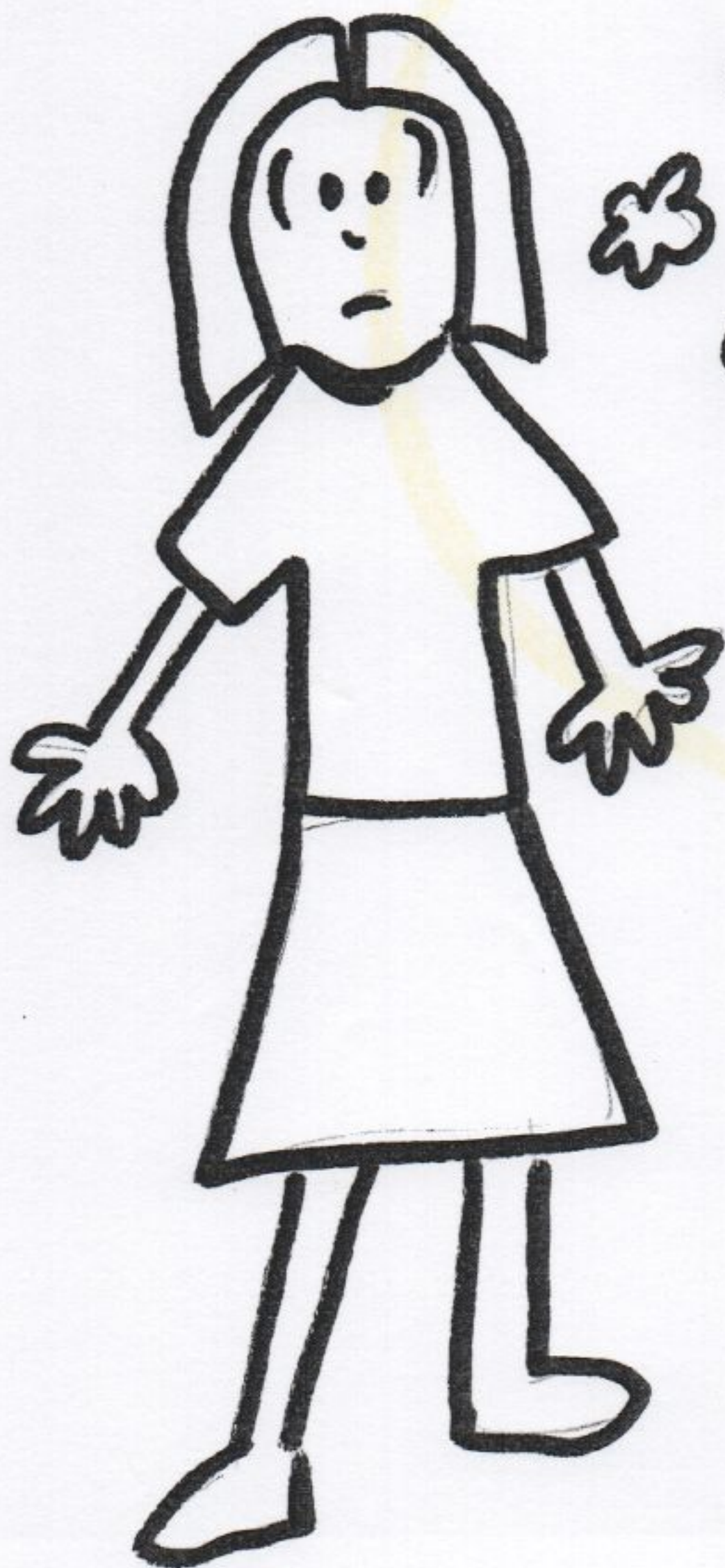


Maybe because of an accident
or a mistake



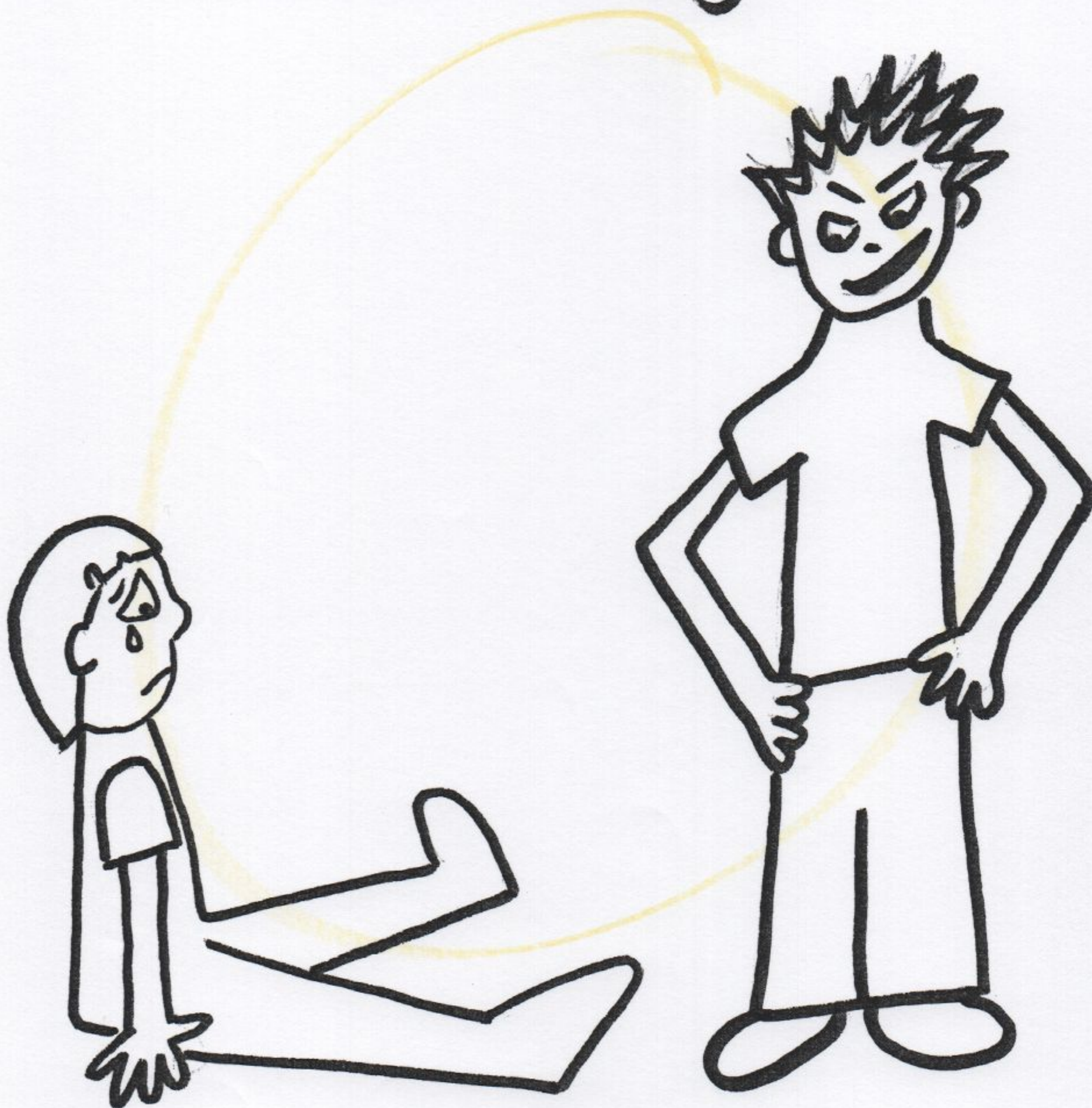
NOT
KNOWING
THE RIGHT
CHOICE

COME
ON!
IN!

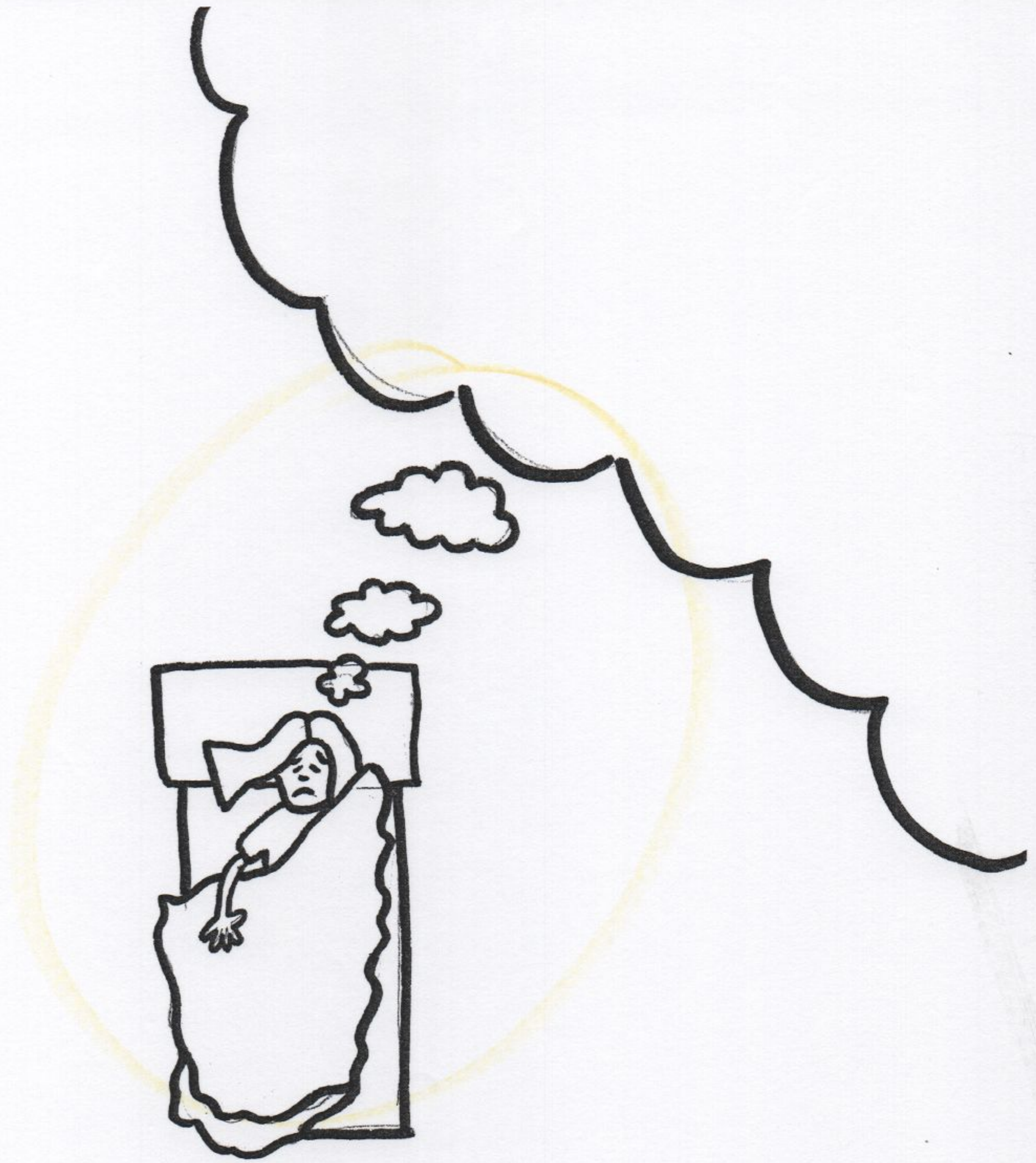


Sometimes
Something
Unexpected
Happens

Maybe someone was
mean to you.



Maybe they knocked
you down.



Maybe you have a bad
dream.

Draw a bad dream
above.

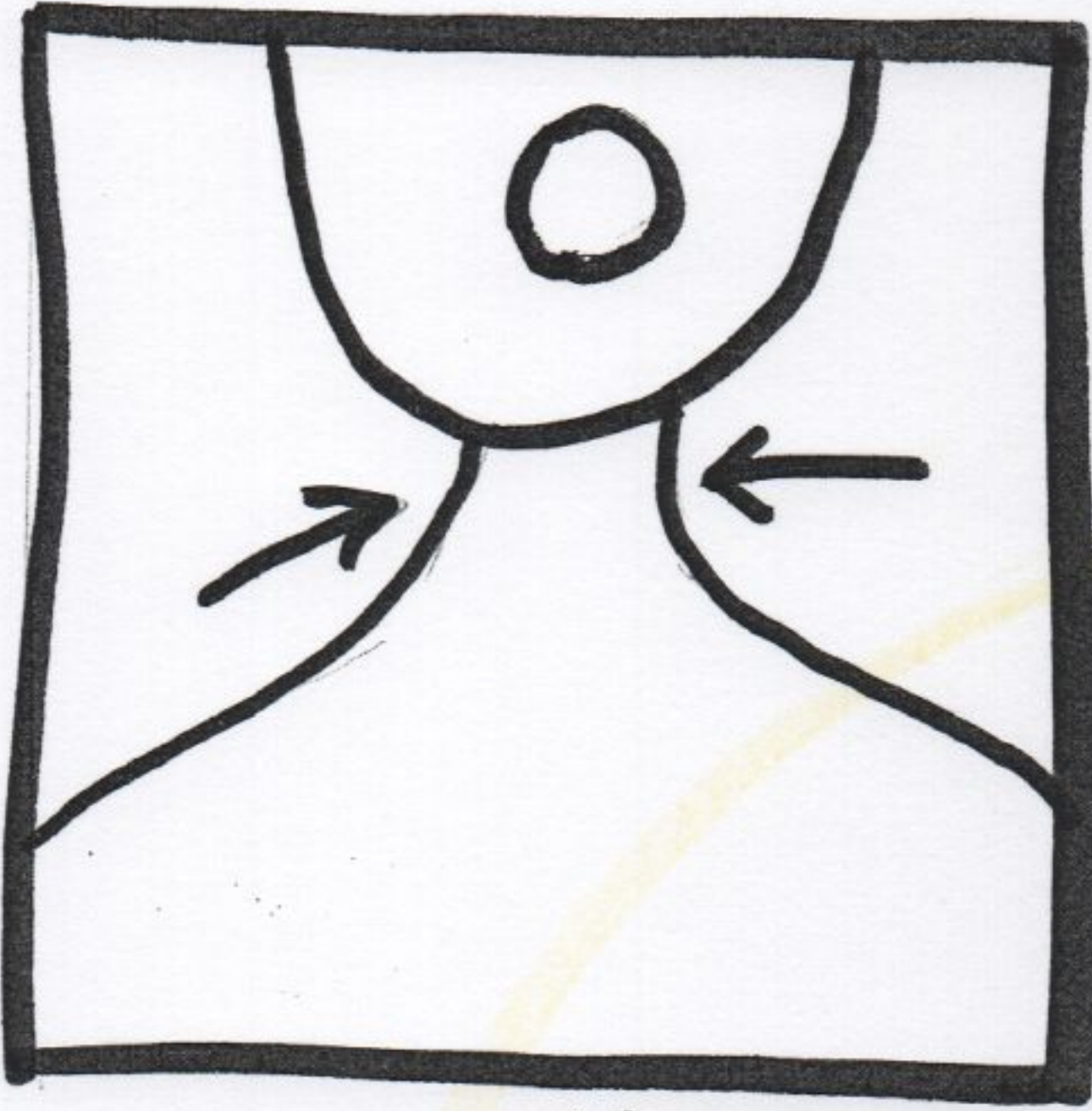


Maybe
You start
thinking about
something bad or
scary that happened to
you.

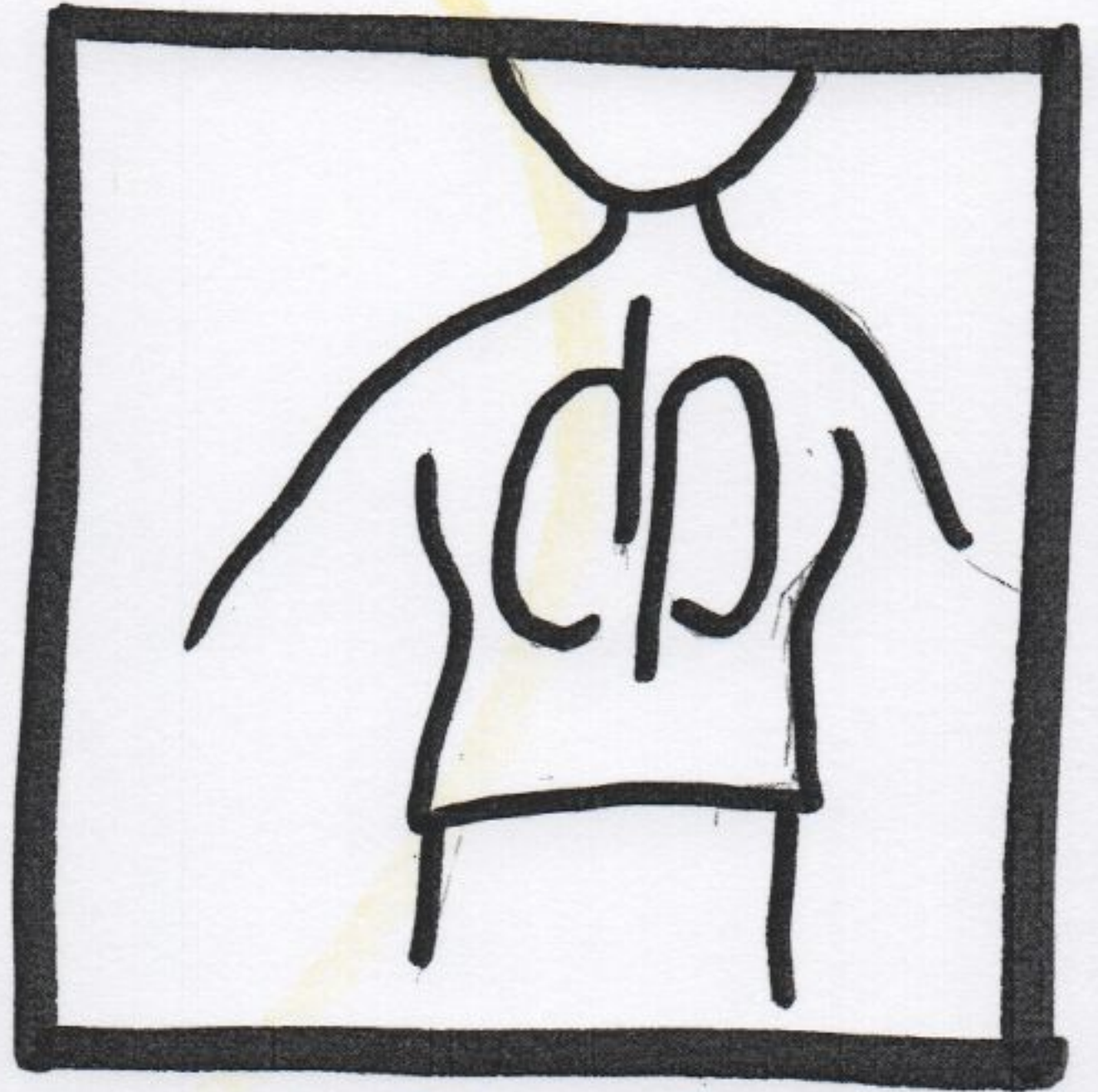


Then the bad feeling can move
from your thoughts into your body

It might
feel like...



COUGH
or
TIGHT THROAT



TROUBLE
BREATHING



FEELING HOT
or
TURNING RED



Fast Heart Beat



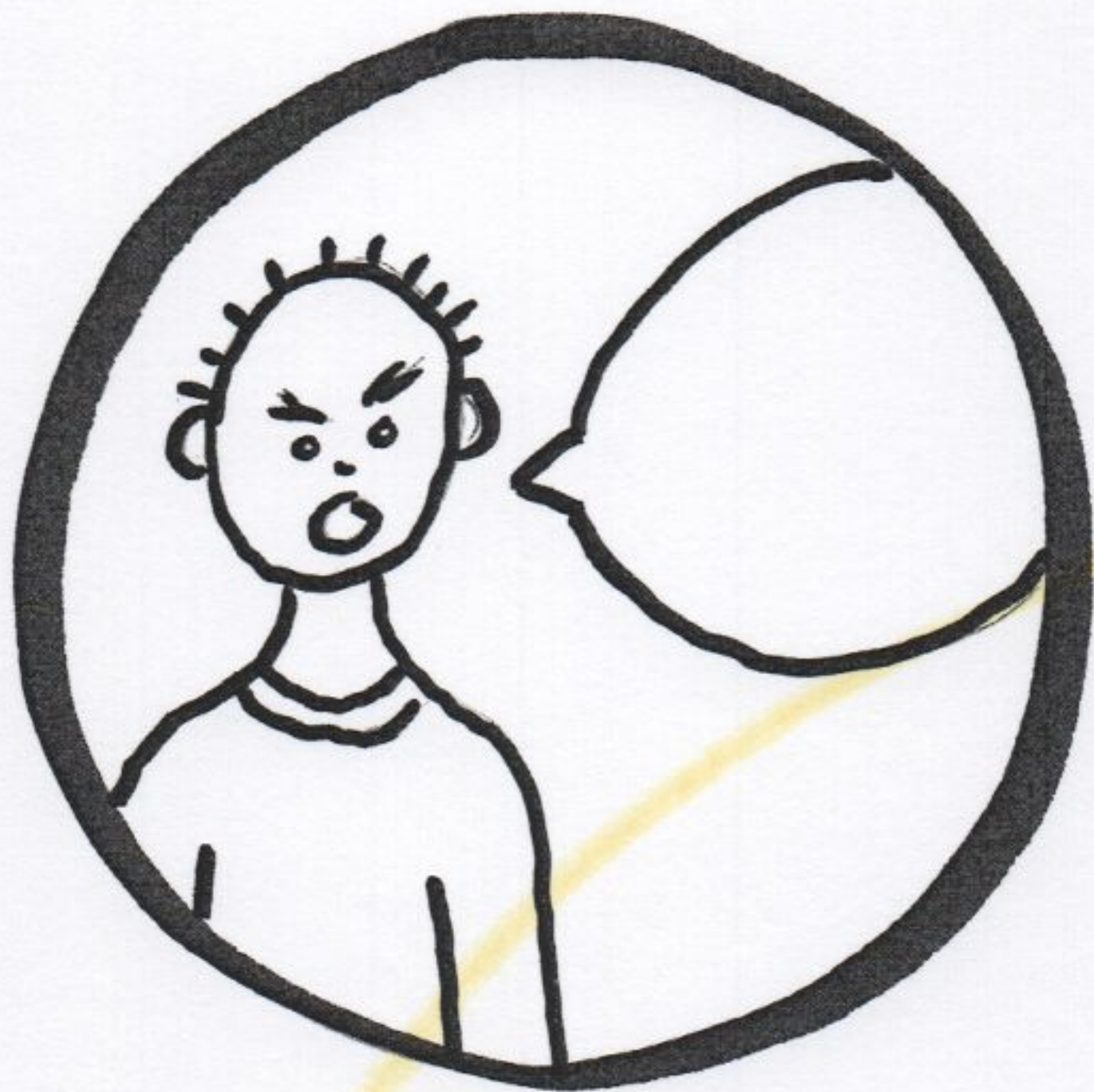
FIDGET



CRY



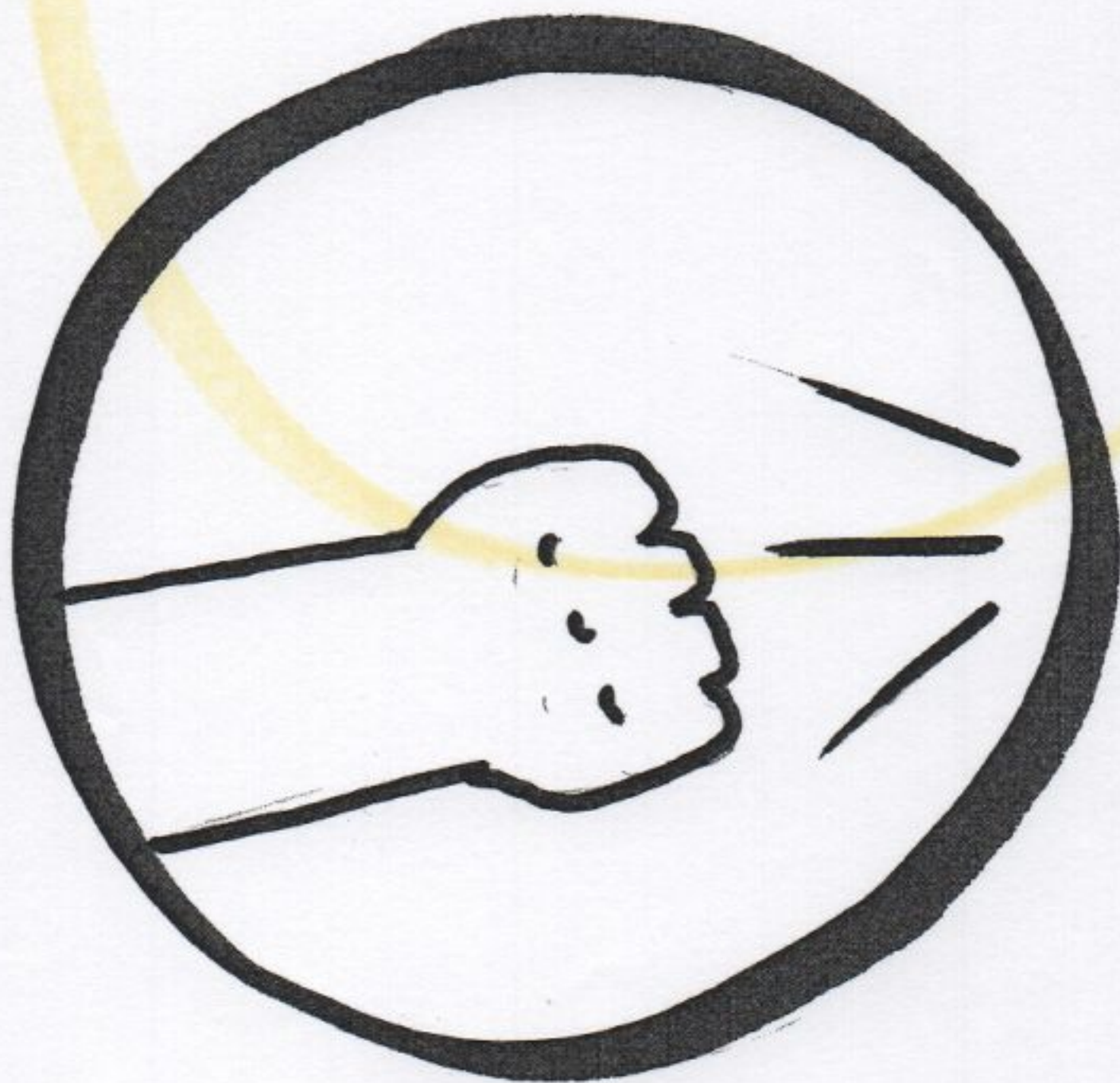
Head
Ache



YELL



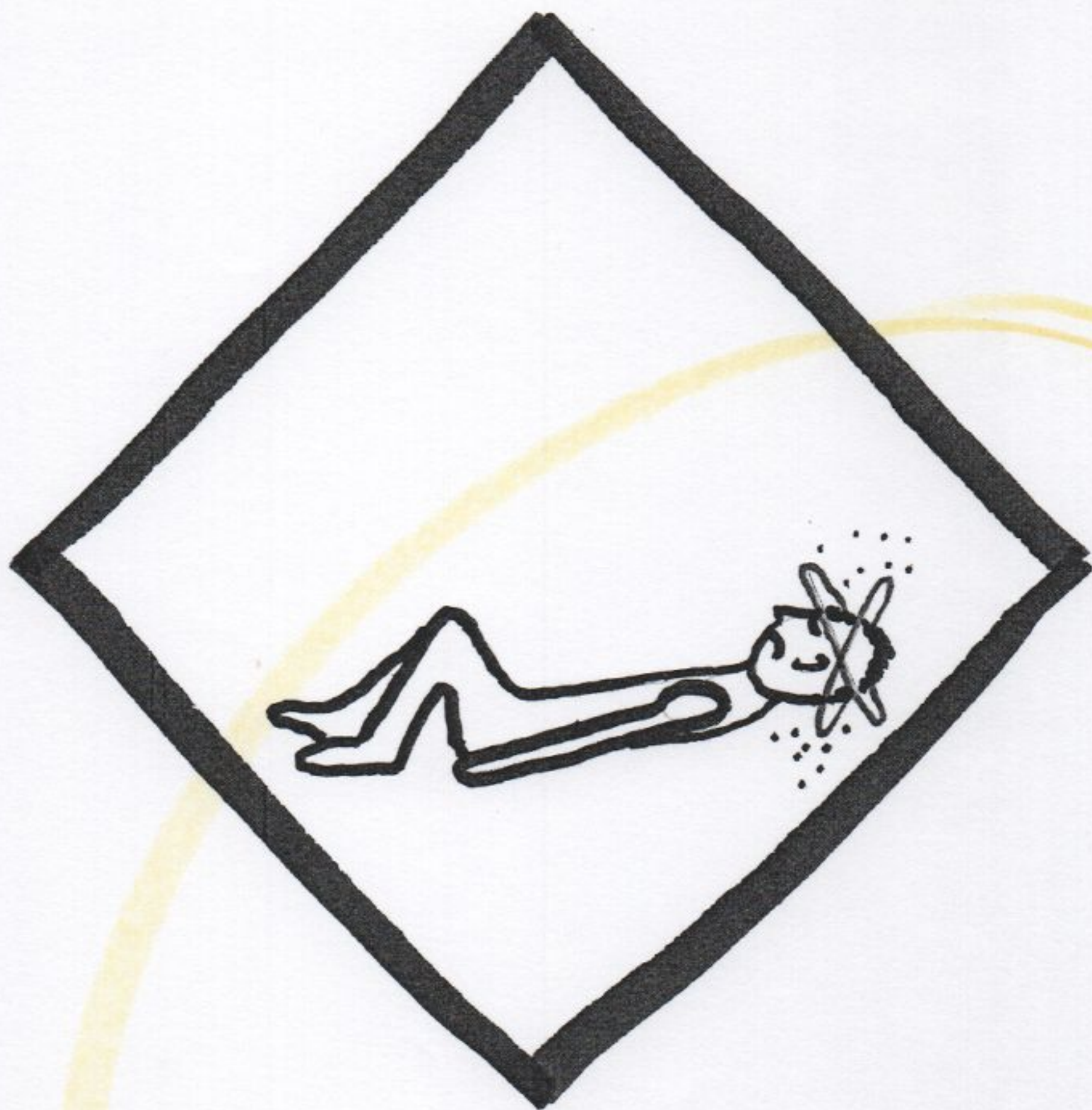
RUIN
SOMETHING



HIT



UPSET STOMACH

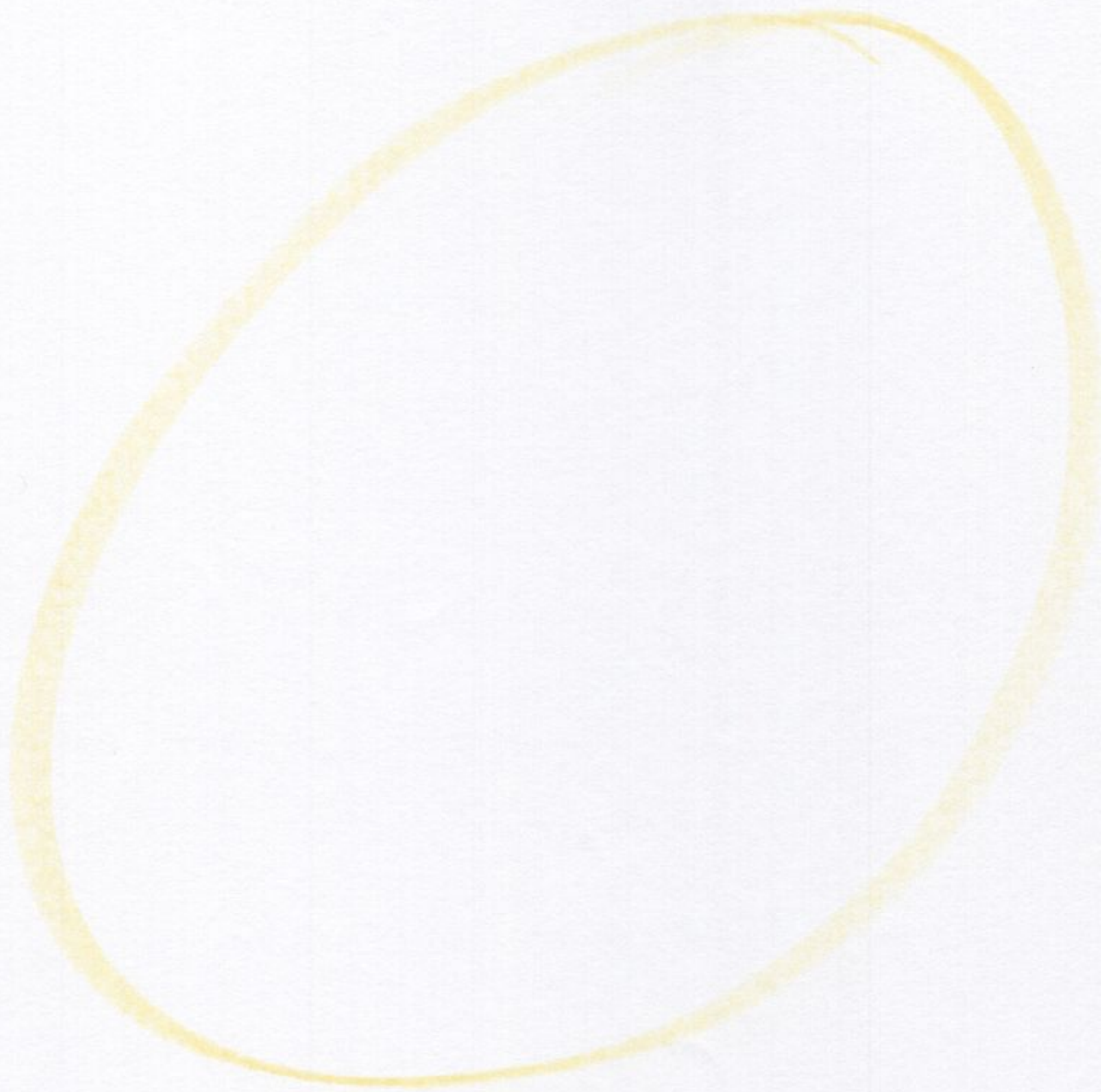


DIZZY



SHAKING

Write or draw about
how it feels to you.





BUT...


If you can catch things
early when you just start
to feel upset you
can try a few things
to calm down
right away ...

write or draw something you already
do to calm down.




Let's play the 3 · 2 · 1 game!

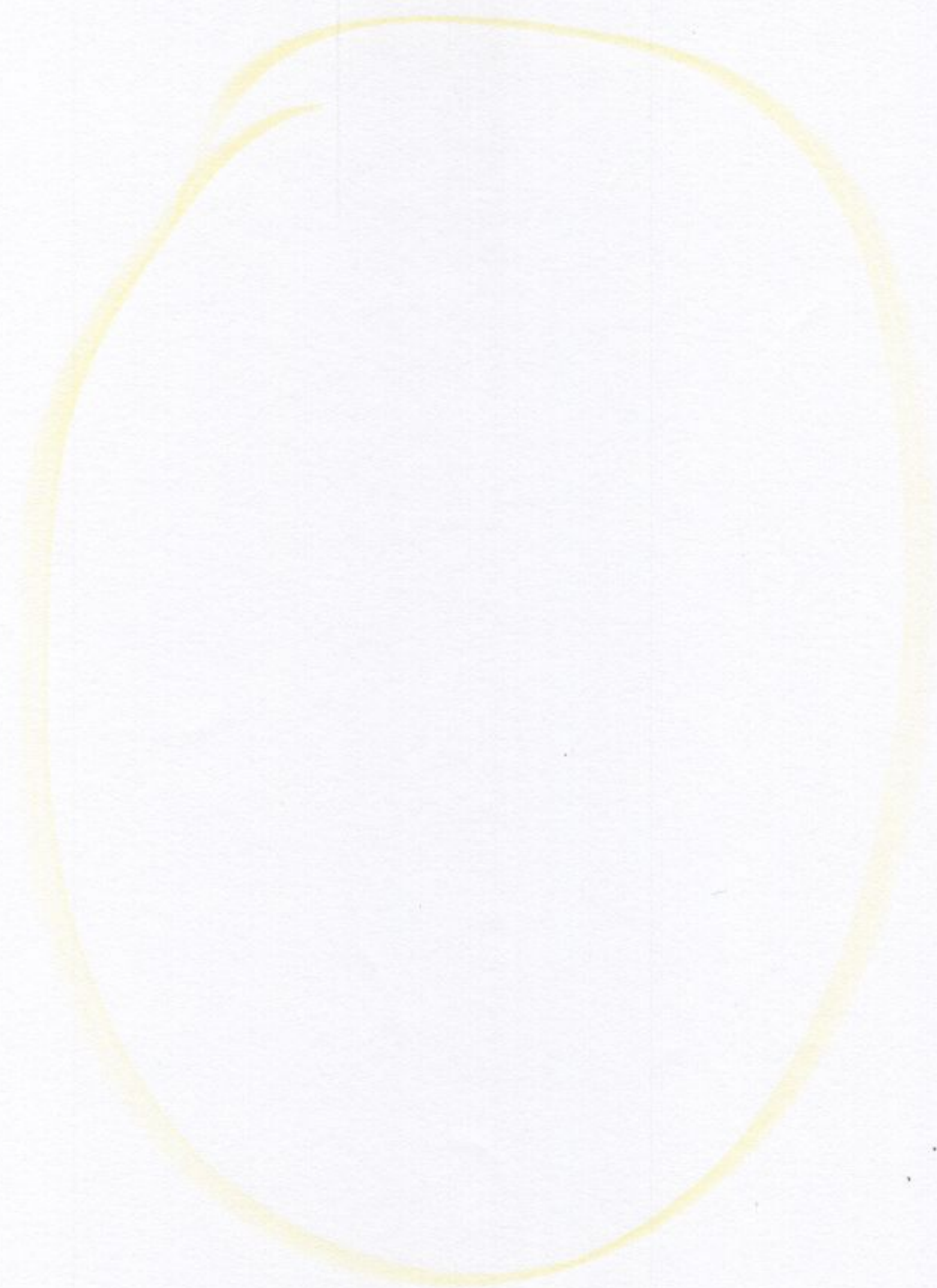
Name 3 things you can SEE 

Now 3 things you can HEAR 

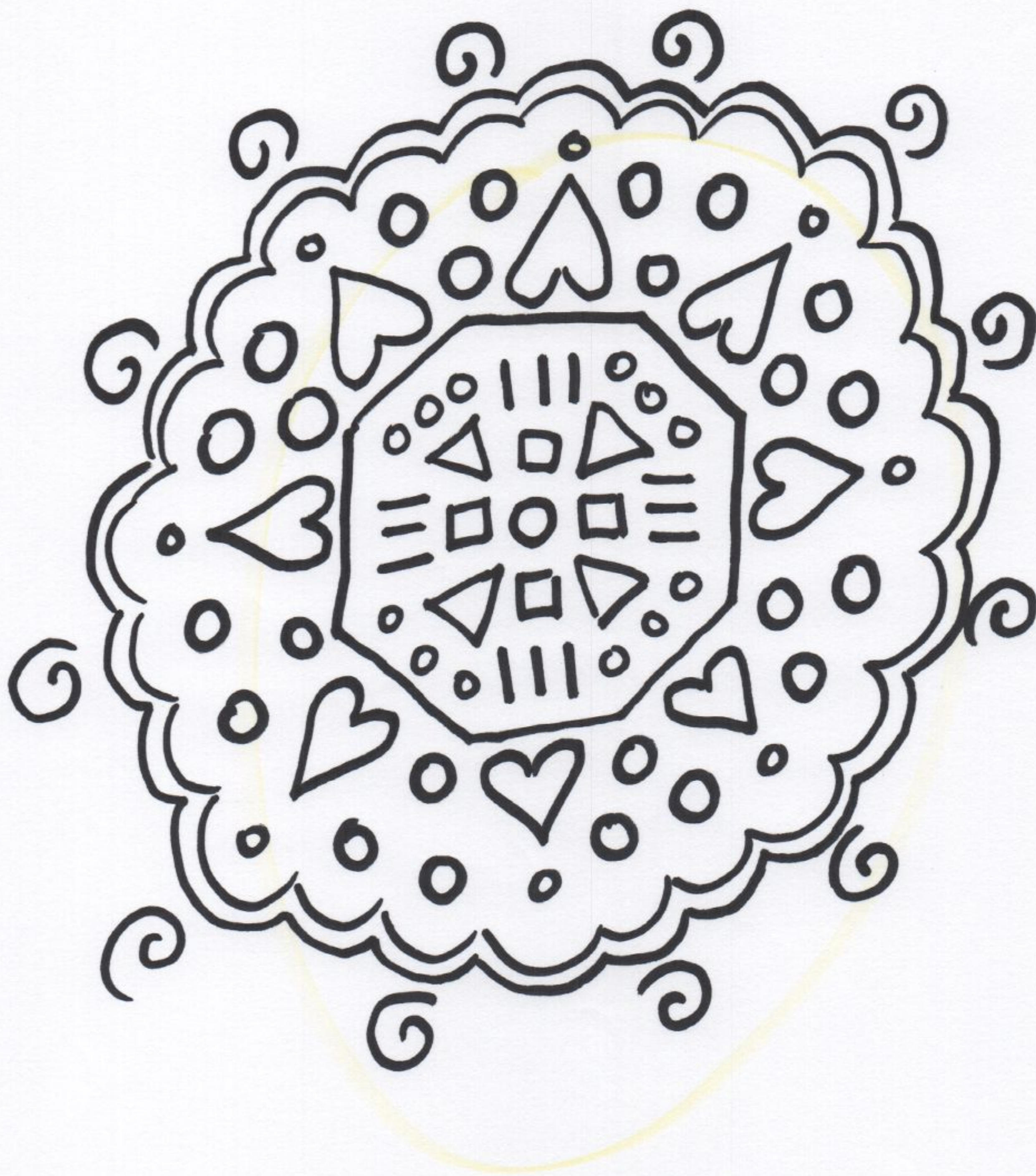
Now 3 things you can TOUCH 

Ready? Now 2 of each:
  

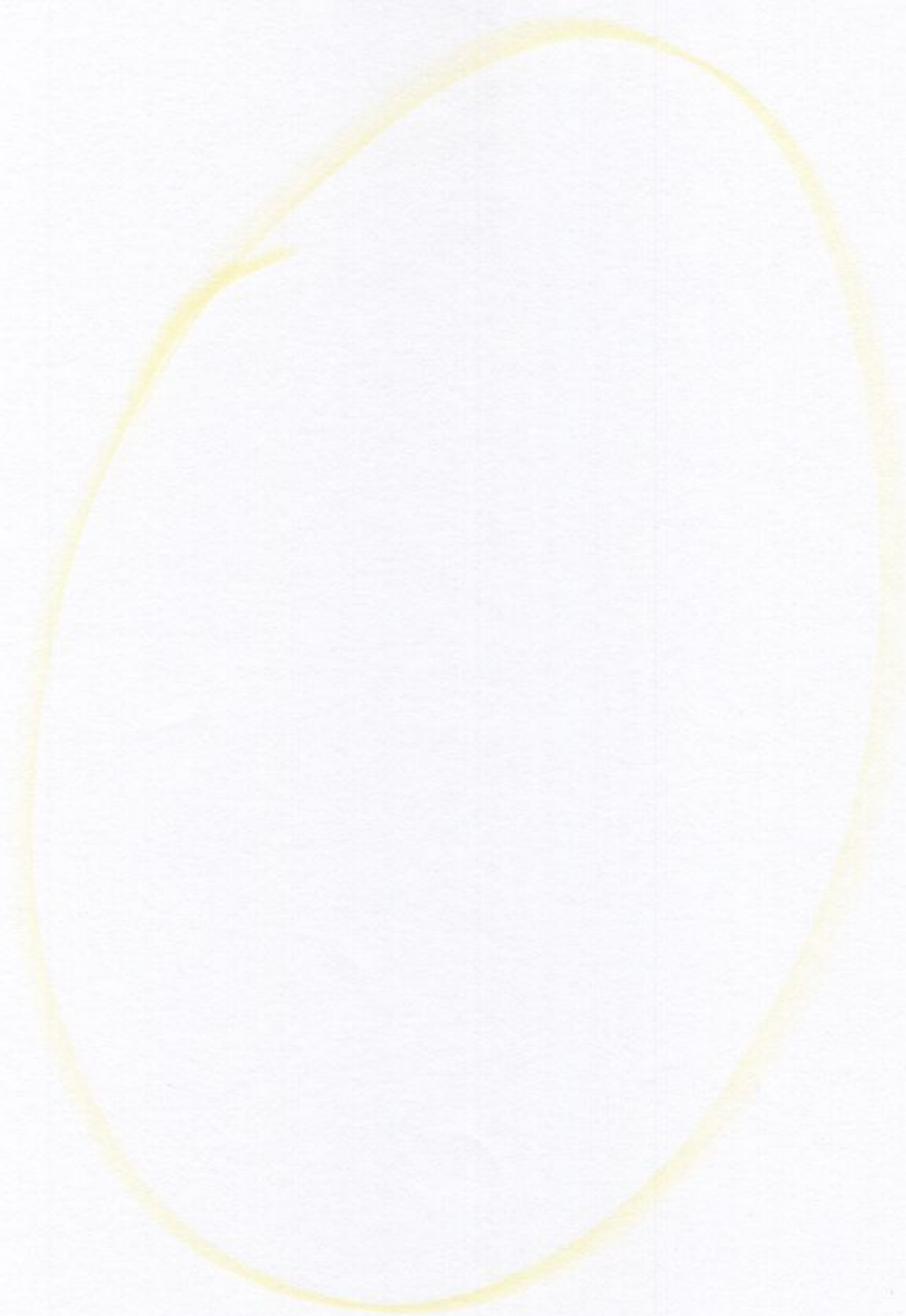
Now 1 of each:
  



Draw a picture of your
"Worry Monster"
Then imagine kicking the monster
OUT OF TOWN!



Color the Mandala
Then
Try Your Own ...



DOODLE A MANDALA :

Start with a dot in the middle then draw any shapes or lines around it that you want. This will make bigger and bigger circles and help with calm and focus!

TRY A D Distraction

Examples:



—DRAW—



Listen to Music



Watch TV



Clean Up



CRAFT



List and try some
distractions of your
own.

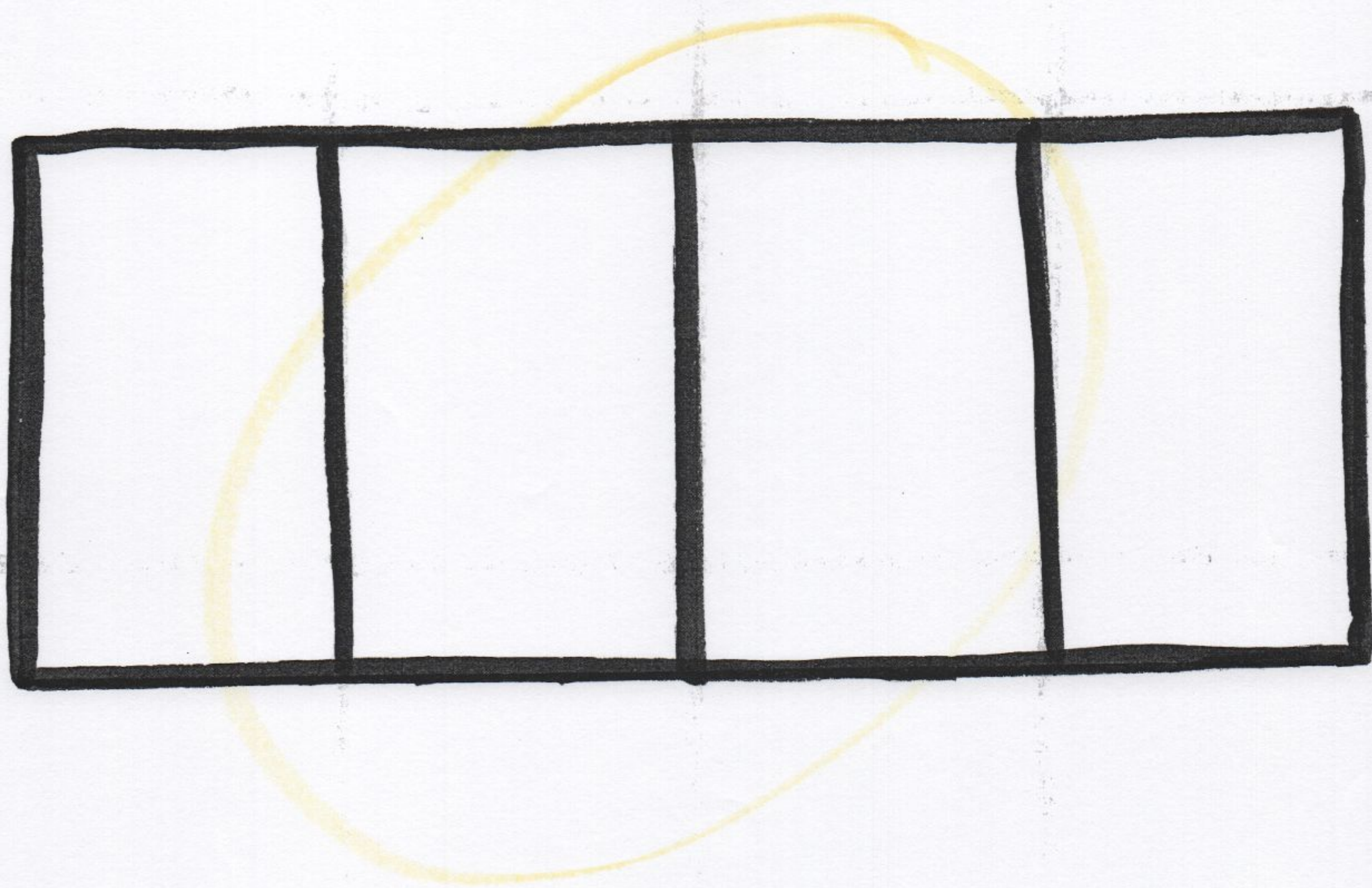
COLOR HUNT:

Look carefully around the room.

How many things do you see that are the color red?

List them here:

Now list all the things you see that are circles:

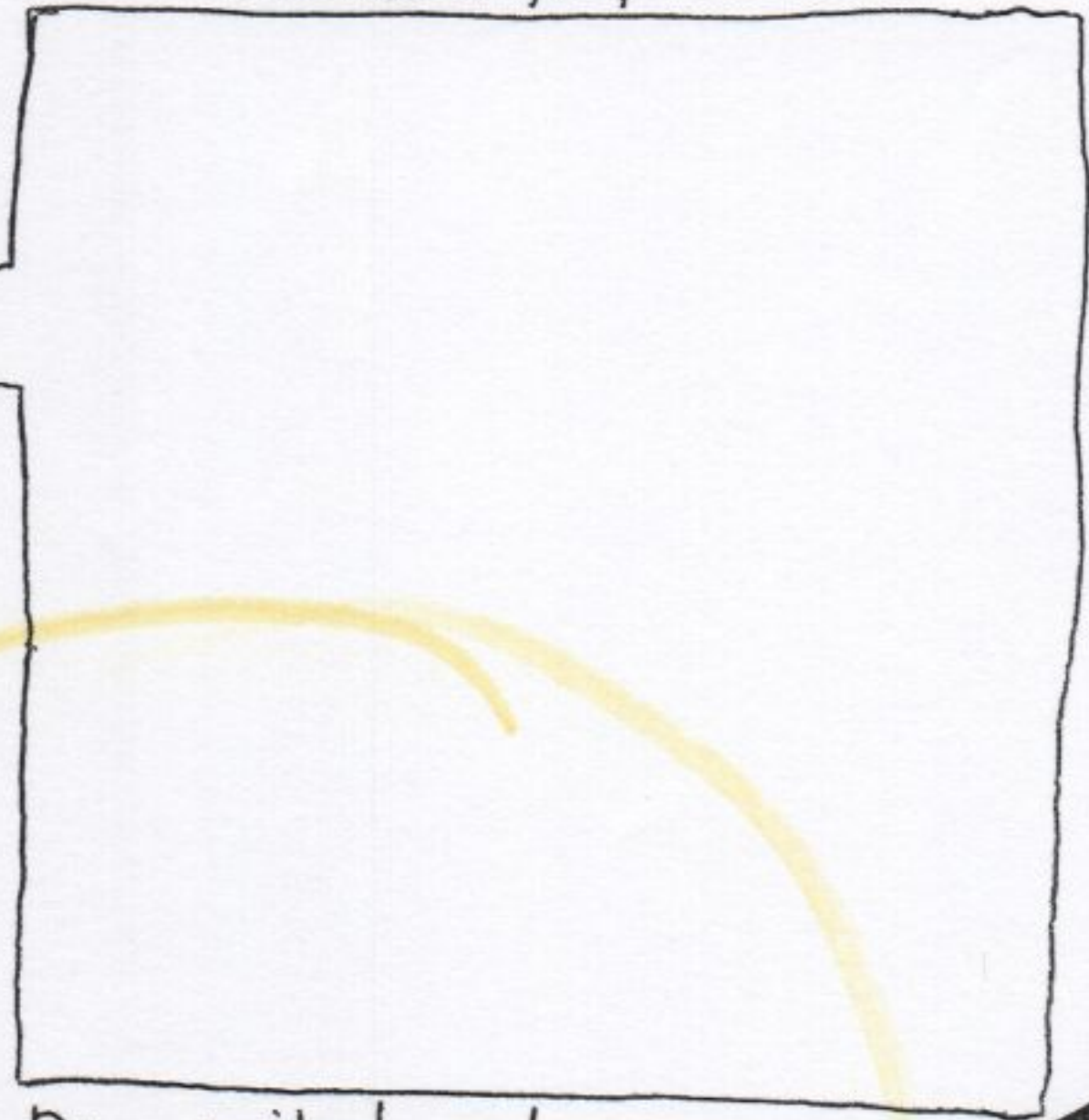


Draw your own calm
down comic ... Keep going
on the back!

1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20
21 22 23 24 25 26 27 28 29 30
31 32 33 34 35 36 37 38 39 40
41 42 43 44 45 46 47 48 49 50
51 52 53 54 55 56 57 58 59 60
61 62 63 64 65 66 67 68 69 70
71 72 73 74 75 76 77 78 79 80
81 82 83 84 85 86 87 88 89 90
91 92 93 94 95 96 97 98 99 100

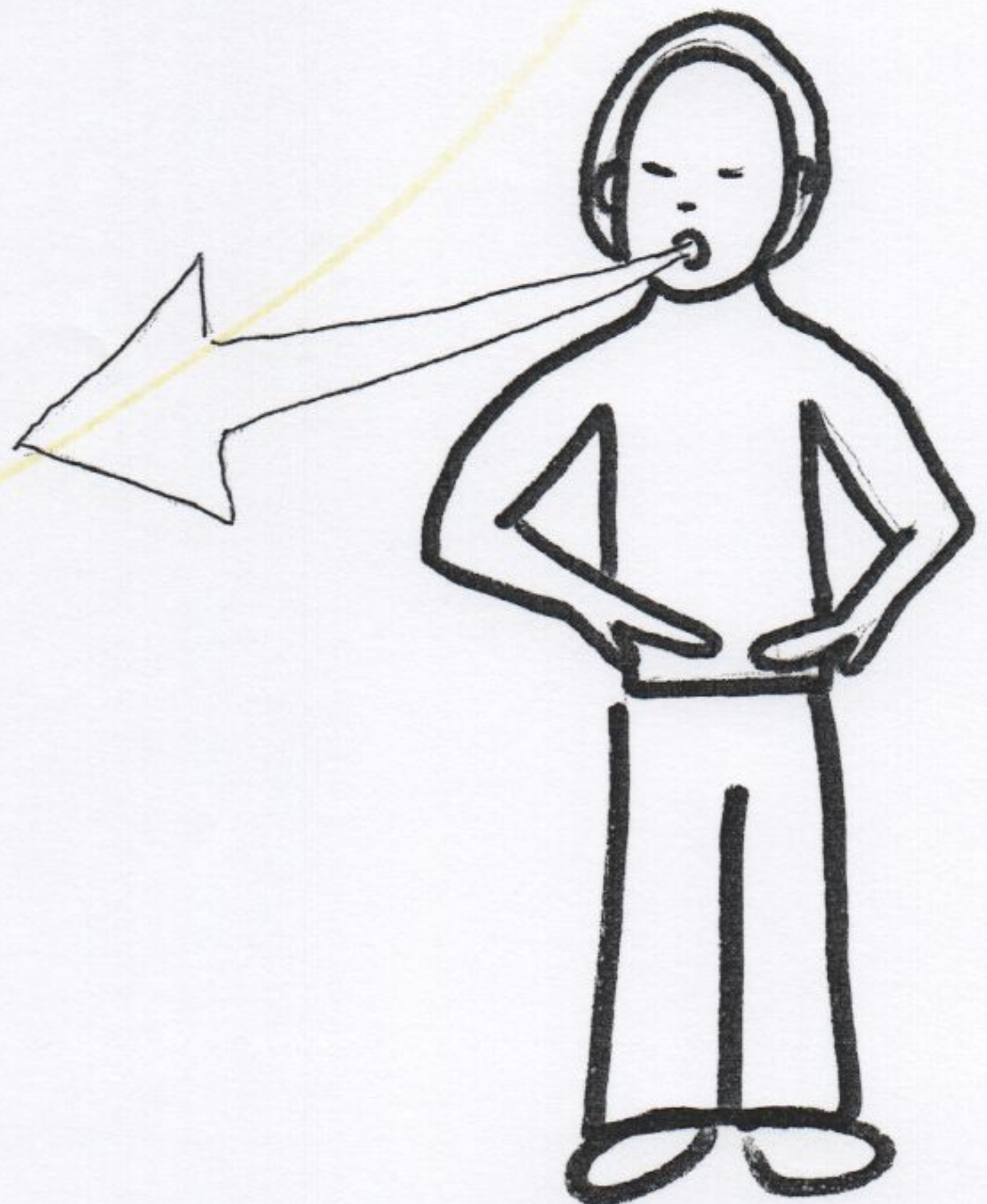
Circle all the numbers that
are the same forward and
back ward. Count backward
from 100 by 5s.

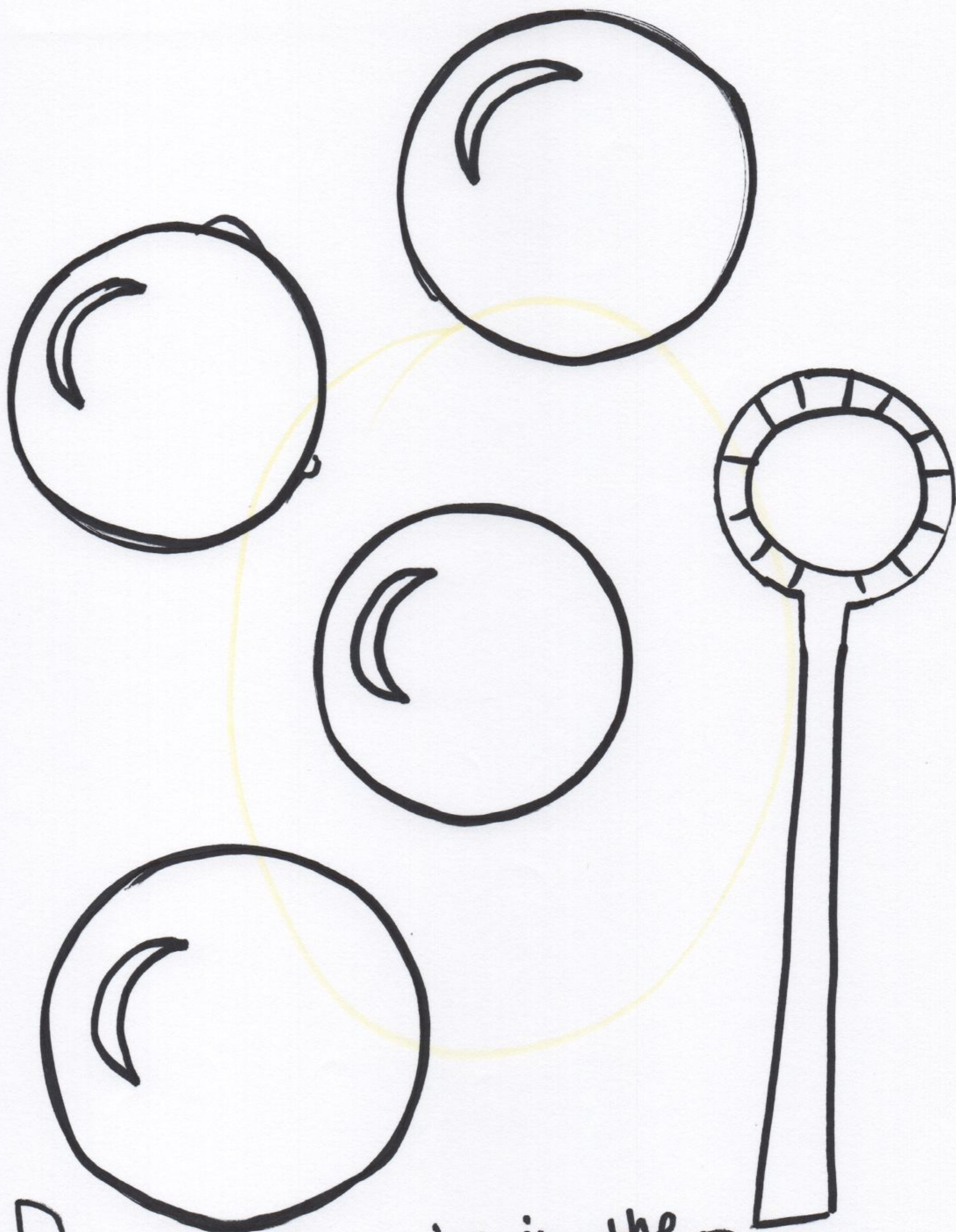
Take a deep breath in
and imagine some thing
Wonderful & Safe



Draw it here!

Blow a deep
breath out and
imagine scary and
upsetting things
going away!





Draw your worries in the Bubbles
and practice blowing them away