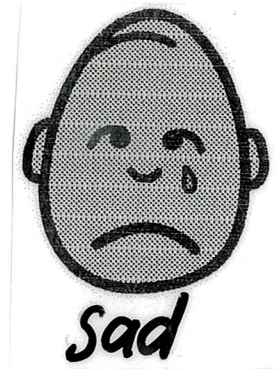




" I feel sad "



Step 1 Count



Step 2 Cuddles

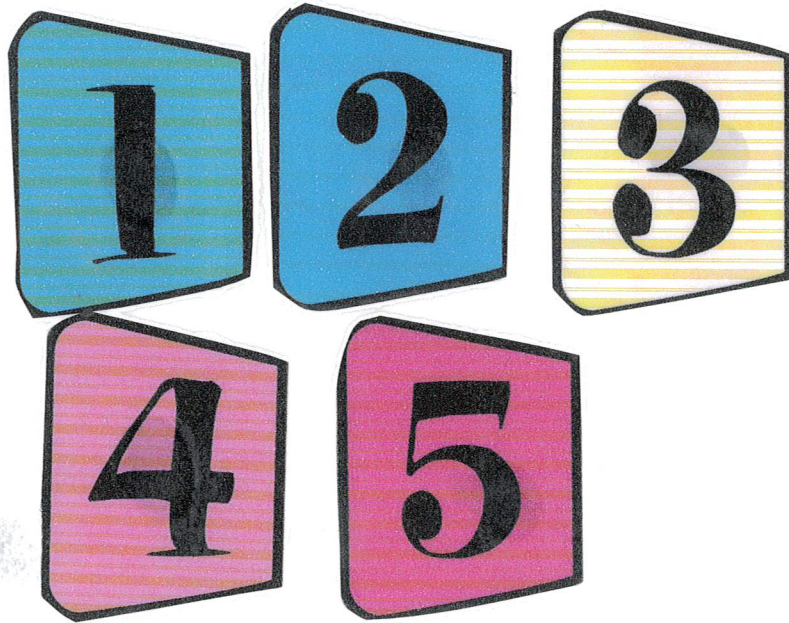
Step 3 Look at feelings book



" I feel frustrated "



Step 1 Count



Step 2 Tell adult

" I feel frustrated "

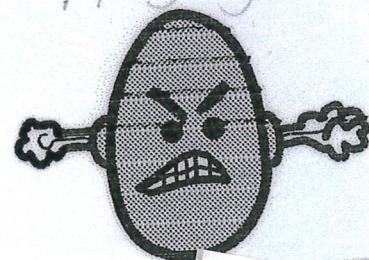
Step 3 Look at feelings book



Cameron Carter

5

Things that make me feel angry!  
no family guy  
Too much jobs  
people yelling



4

people tell me to do  
things I don't want  
to do.



3

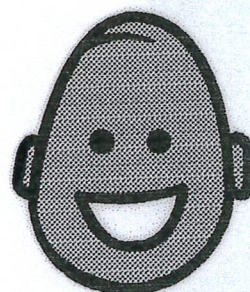
Doing too much School Work  
Scary things

2

Things I Can do to relax

take 3 Slow deep breaths

- Slow in - Slow out
- Slow in - Slow out
- Slow in - Slow out



1

Draw trains

Say kind Words

read a book or Magazine

hug and kiss family

train Spotting

get to watch Simpsons

