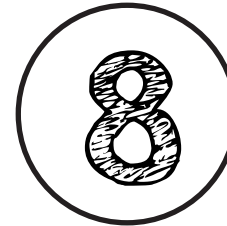
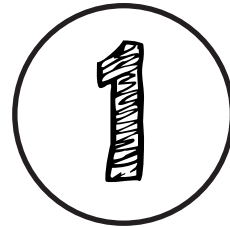
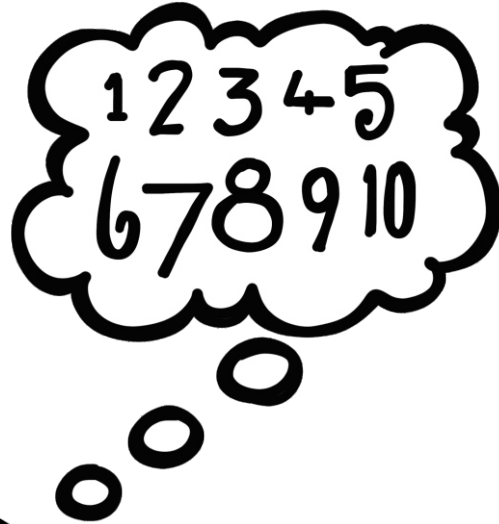
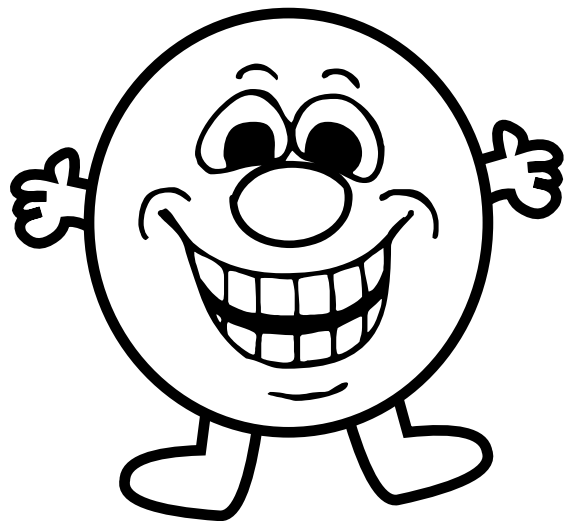


# COOL YOUR EMOTIONS

**Directions:** Grab a ball of play dough. Take deep breaths as you make a small piece of play dough into a ball. Place the play dough ball onto a number and squash the play dough. Repeat taking deep breaths and squashing 10 play dough balls.

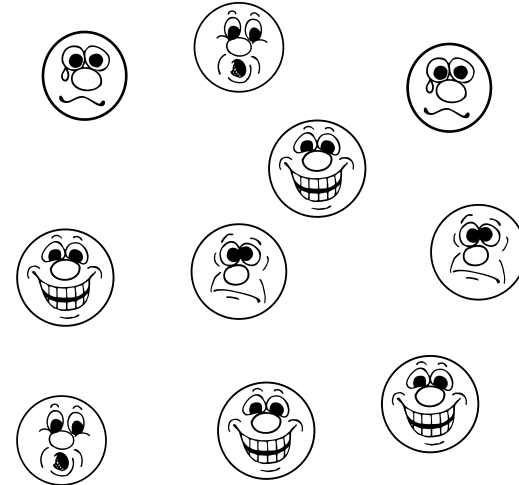
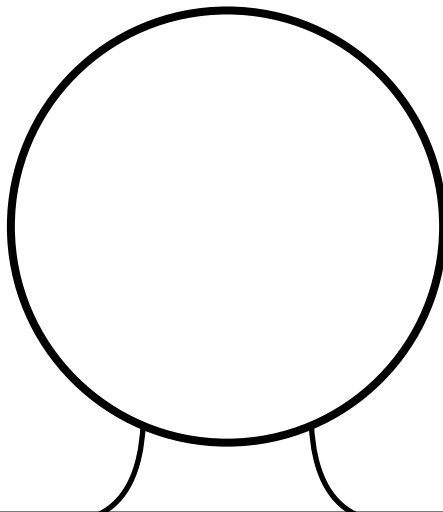


Go to [www.YourTherapySource.com/emotions](http://www.YourTherapySource.com/emotions) for the complete download.



I feel happy.

Draw a happy face.



Circle all the happy faces.

Draw things that make you feel happy.

I feel happy when

Handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line. The text "I feel happy when" is written on the top line, and the rest of the lines are blank for writing.