

Feelings come and go, but you are strong and in control

1. Feelings Come and Go – How do you feel right now? Circle the emoji that matches your feeling:

😊 Happy

😐 Okay

😟 Worried

😡 Frustrated

😢 Sad

😱 Overwhelmed

✎ Other: _____

Think about a time when your feelings felt very big. What was it like?

A) 🌪️ Like a big, windy storm

B) 🌬️ Like a gentle breeze

C) 🌊 Like waves crashing in

D) ❓ I'm not sure

✎ Other: _____

2. Listen to Your Body – When you feel upset, what does your body do?

A) 🦊 My fists feel tight

B) ❤️ My heart beats fast

C) 🌀 My mind feels jumbled

D) ❓ I don't notice anything

✎ Other: _____

What helps your body feel calm?

A) 🌬️ Taking deep breaths

B) 🧘 Stretching or moving

C) 🎵 Listening to music

D) 🧸 Hugging something soft

✎ Other: _____

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3. Take Control – What's the first thing you can do to calm down?

- A) 🧘 Breathe slowly
- B) 🧘 Sit in a quiet spot
- C) 🎨 Draw or write
- D) 🚶 Take a short walk

✎ Other: _____

What's the next step to help you feel better?

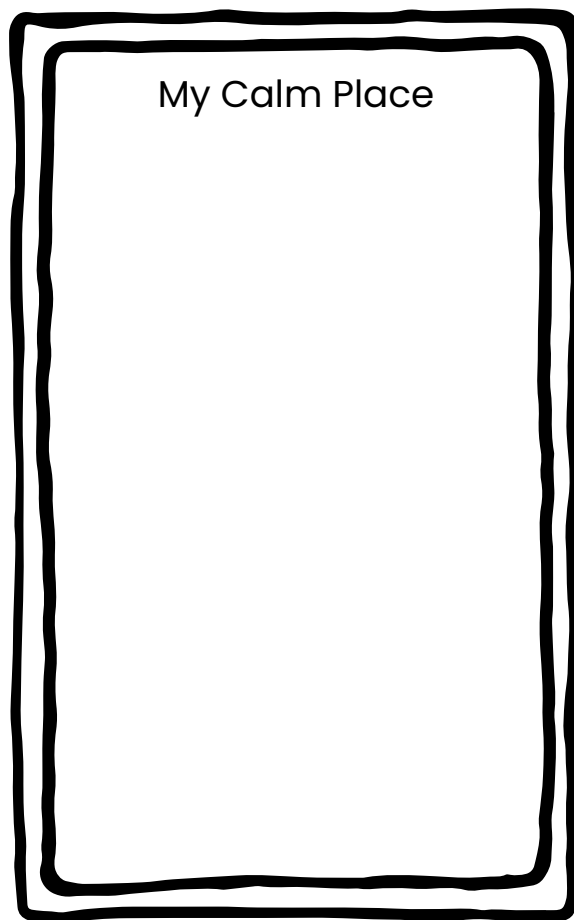
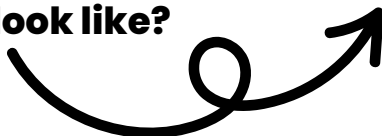
- A) 💬 Talk to someone
- B) 🎵 Listen to calming sounds
- C) 🌳 Spend time in nature
- D) ☀ Think about something happy

✎ Other: _____

4. Find a Calm Place – Imagine your calm place. What would it look like?

Draw it in the frame.

- A) 🏠 A cozy spot at home
- B) 🌳 A peaceful place in nature
- C) 🌊 The beach or the ocean
- D) ✎ Other: _____



5. Stay Strong What helps you stay strong during tough times?

- A) 🌳 Thinking about being like a tree—steady and grounded
- B) ☀ Remembering I can handle it
- C) 💪 Moving through the feelings, step by step
- D) 🧸 Feeling supported by someone or something I trust

✎ Other: _____