

smile as big  
as possible



help someone who  
feels sad to feel  
a bit better



laugh until my  
belly hurts

# When I'm feeling happy

## I can ...



tell my friends  
what is making me  
feel happy

write down all  
the things that make  
me happy to remember  
when I'm not feeling so  
happy anymore



close my eyes  
and take some  
deep breaths

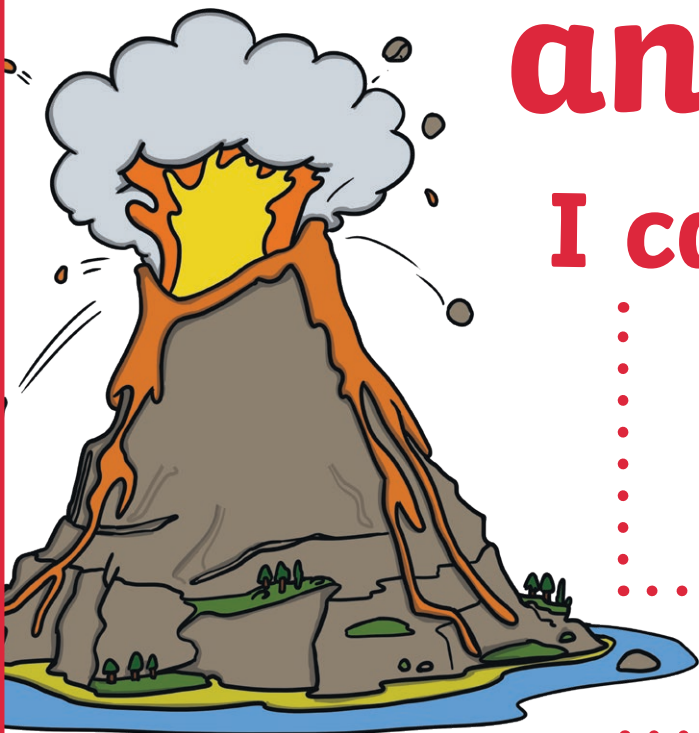
go for a walk

listen to my  
favourite music



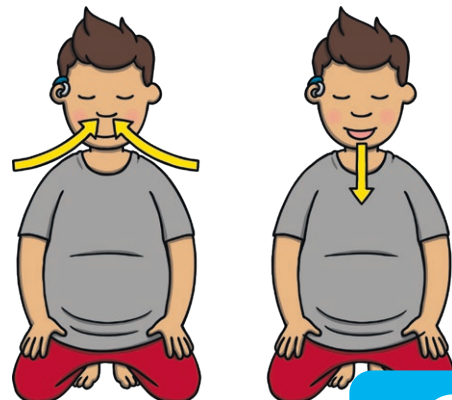
# When I'm feeling angry

I can ...



exercise to get  
rid of any  
negative energy

count  
backwards  
from 50



talk to  
someone  
that I trust

tell myself 'I  
am scared but I  
can do this'

ask someone  
for help



# When I'm feeling ... **scared** I can ...

go somewhere  
that I feel safe

close my eyes  
and take some  
deep breaths



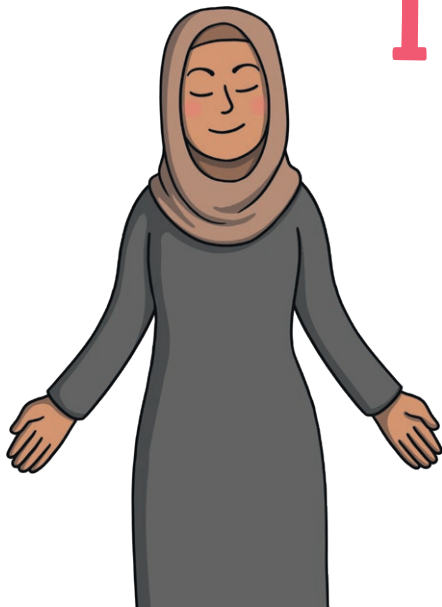
do my  
best learning

listen to my  
favourite music

help  
someone else  
calm down

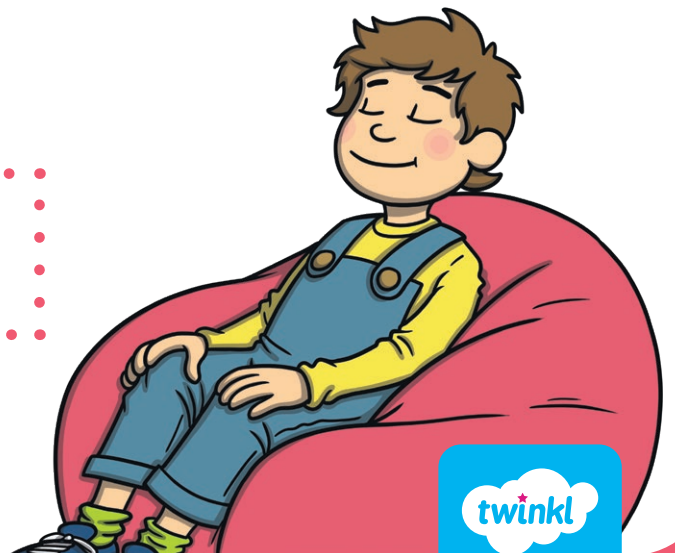


# When I'm feeling calm I can ...



attempt a harder  
challenge that I have  
been struggling with

write down things I  
feel grateful for to help  
me at another time



focus on  
my strengths

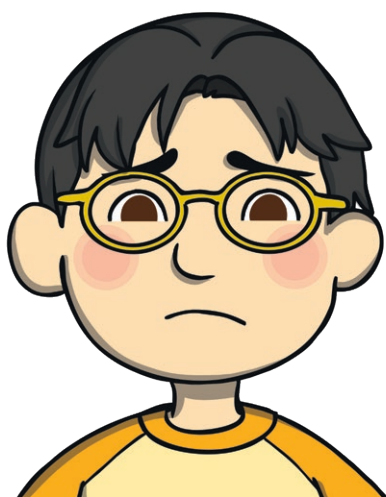
speak positively  
about myself

write down the  
things that are causing  
me to be nervous



# When I'm feeling nervous I can ...

ask someone to help me  
with strategies to  
work through my nerves



start with a task I  
know I can achieve before  
attempting the challenge



draw a picture of what I am feeling



talk to someone I trust about what I am feeling

go for a walk outside and get some fresh air

When I'm feeling

sad  
I can ...



do something that makes me feel happy and calm



do something kind to help someone else

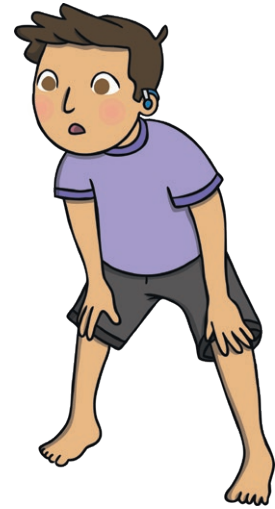




start with a more simple task

ask for help from my teacher

take a moment to rest

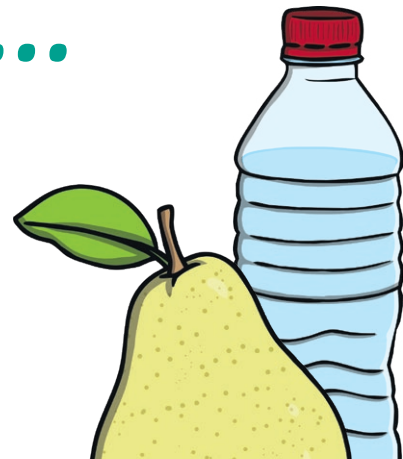


When I'm feeling ...

exercise to lift my mood

tired

I can ...



have a drink of water or a quick snack

take a moment to rest



draw or paint  
a picture

find a fast  
finisher activity  
to complete



When I'm feeling

bored

I can ...



think about what  
I can improve on and  
start to work on it

help someone  
around me

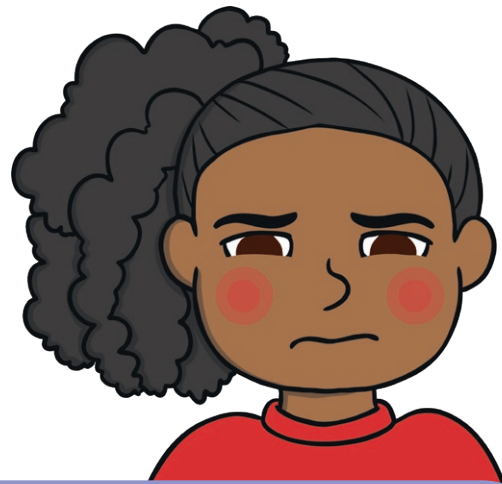
go for a quick  
walk to be ready to  
learn again



work with a friend  
and watch how they  
solve the problem

try  
again and  
keep working  
at it

find information about  
what is confusing me



..... **When I'm feeling** .....

**confused**

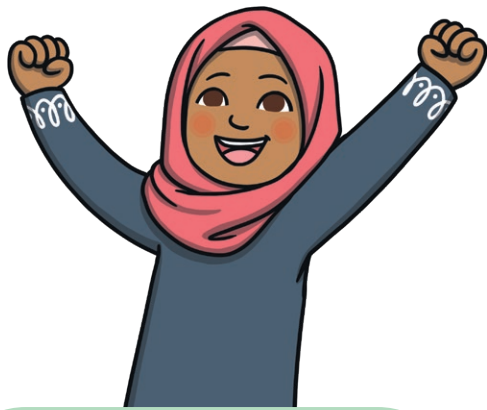
**I can ...**



take a break and  
try again soon

ask my teacher for  
help to explain what is  
confusing me





help build up  
someone else's  
excitement

explain to my  
friends what I am so  
excited about and share  
it with them

smile as big  
as possible

... When I'm feeling ...

# excited

I can ...



take deep breaths to  
calm down if my  
excitement gets too much



laugh and squeal or  
jump and run