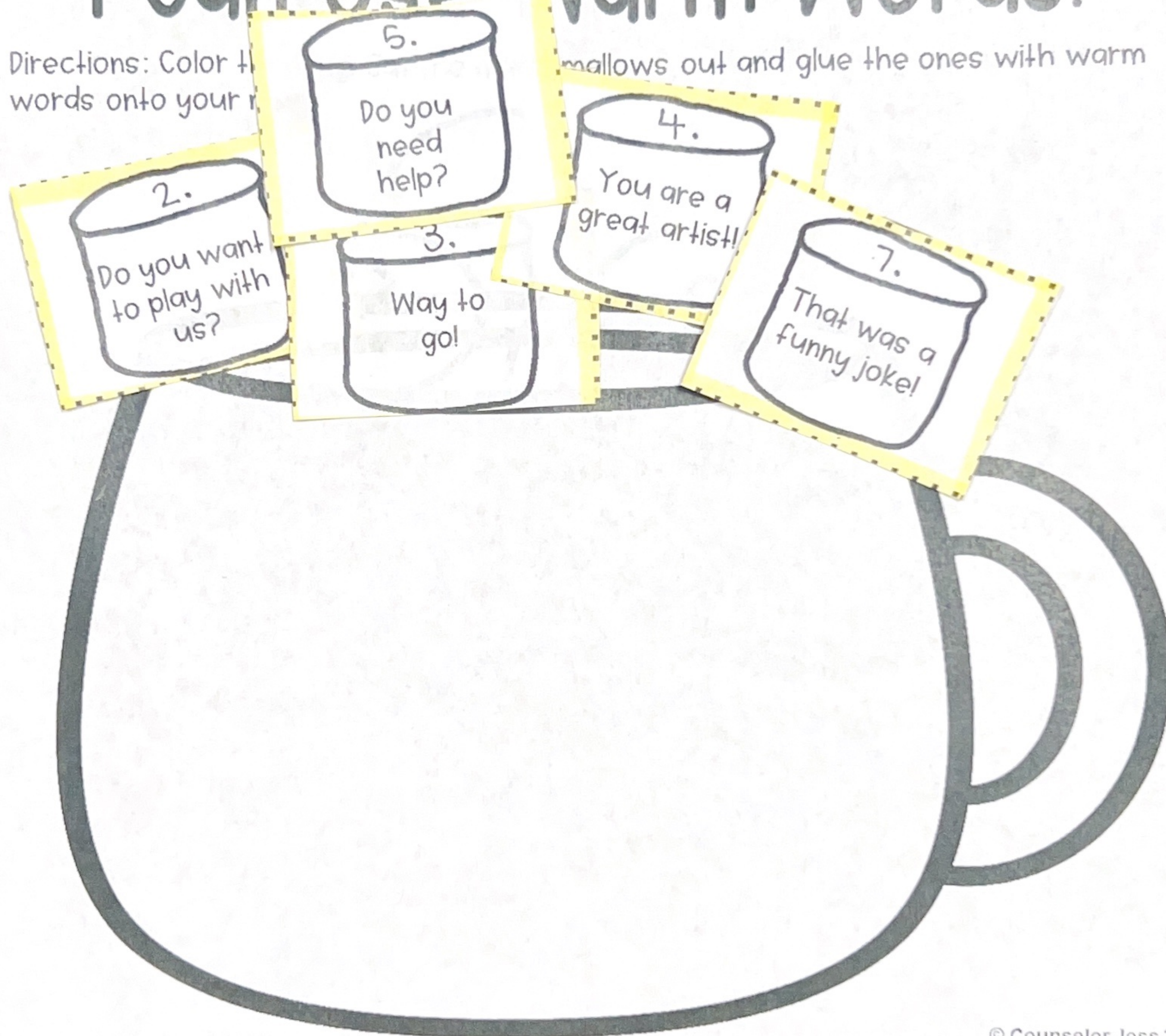


Name _____

I Can Use Warm Words!

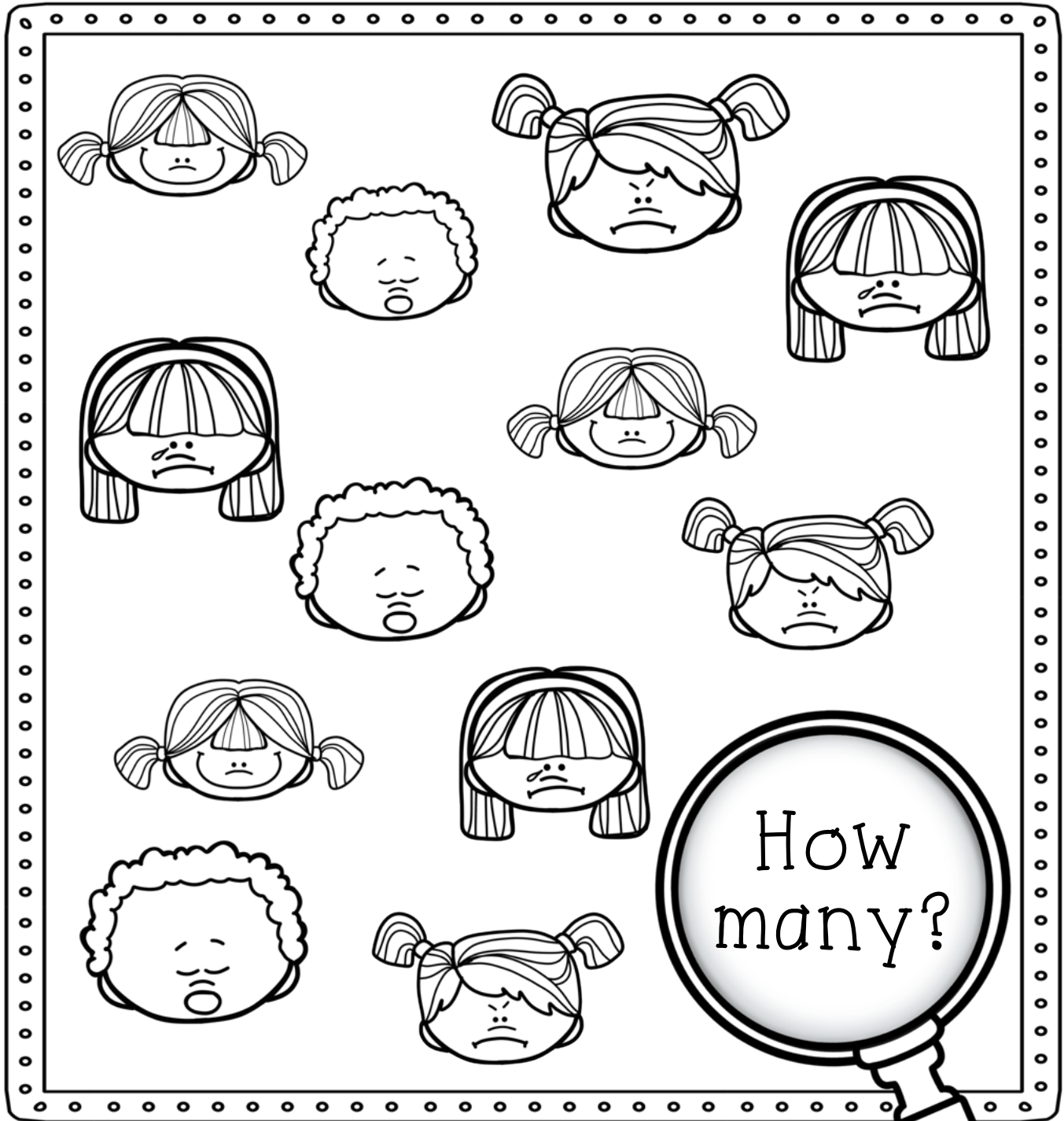
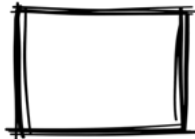
Directions: Color the
words onto your

marshmallows out and glue the ones with warm



I SPY

Name: _____



It's ok to feel...



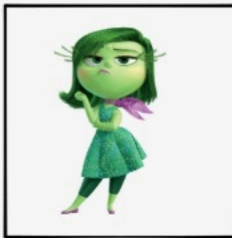
JOY



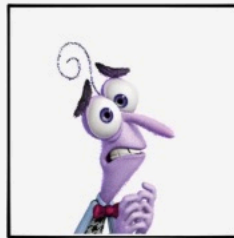
SADNESS



ANGER



DISGUST



FEAR



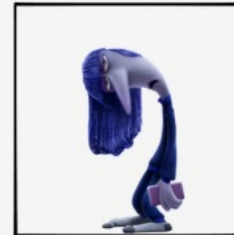
ANXIETY



EMBARRASSMENT

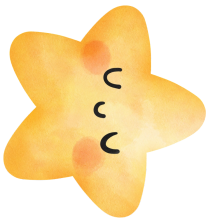


ENVY



BOREDOM

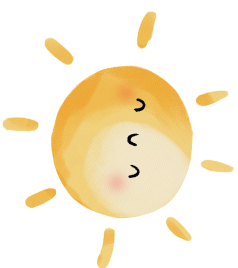
that makes you...YOU!



TAKE
A NAP



SQUEEZE A
STRESS BALL



GET SOME
SUN



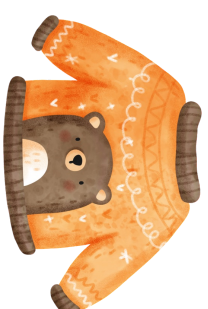
PLAY WITH
A BALL



PLAY WITH A
FIDGET TOY



GO FOR A
WALK



TOUCH
SOMETHING SOFT



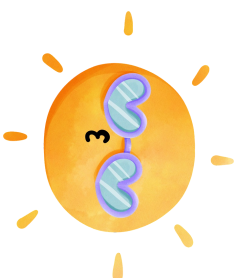
DO SOMETHING
NICE FOR
SOMEONE



SMELL
SOMETHING NICE



SPLASH YOUR
FACE WITH
COLD WATER



SING
AND DANCE



PLAY AN
INSTRUMENT



PLAY WITH
SLIME



PUNCH
A CUSHION



CLEAN
YOUR ROOM



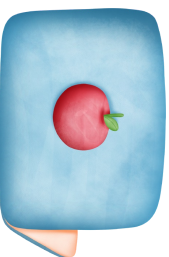
DOODLE



PLAY WITH
PLAY DOUGH



DO ARTS
AND CRAFTS



WATCH A
COMEDY



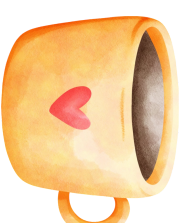
CLOSE YOUR EYES
AND RELAX



THINK OF 5 THINGS
YOU LIKE ABOUT
YOURSELF



GO FOR A
BIKE RIDE



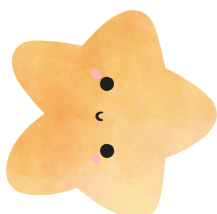
TALK
TO A FRIEND



DO A
PUZZLE



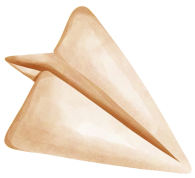
TALK TO A
SCHOOL
COUNSELOR



DO
JUMPING JACKS



FIND SOMETHING
BEAUTIFUL



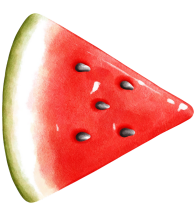
MAKE
ORIGAMI



LET YOURSELF
CRY

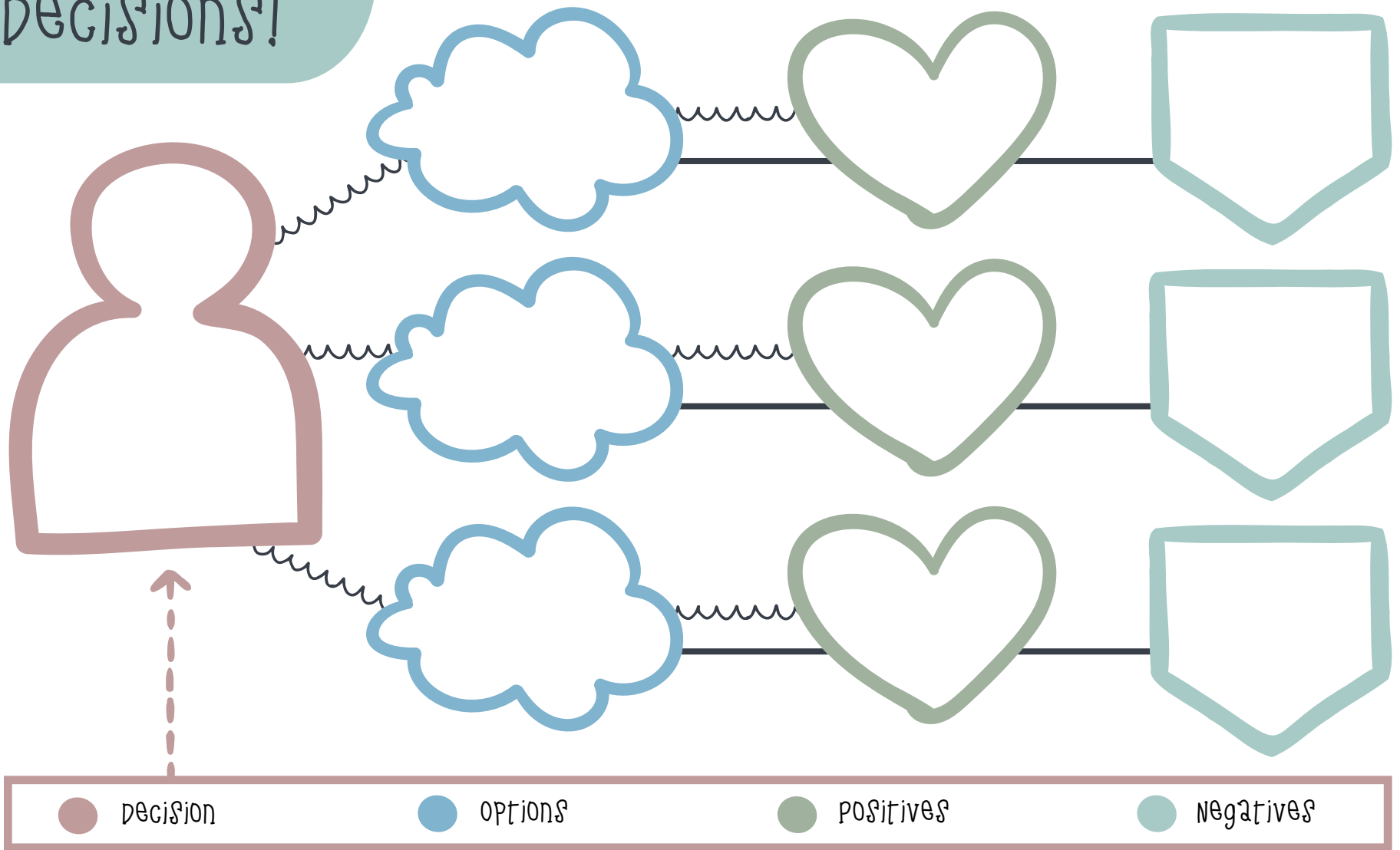


READ A
BOOK



EAT A
HEALTHY SNACK

MAP YOUR DECISIONS!



STOP and think!

IS THIS A GOOD CHOICE?

it's okay to make mistakes!
the important thing is to learn from
them :)

- 1 Identify the decision/choice you have to make
- 2 Identify your options
- 3 Identify the positives of each option
- 4 Identify the negatives of each option
- 5 Decide which option is best (which is safe, kind, responsible, etc.)
- 6 Act
- 7 Reflect on your choice

RAINBOW BREATHS

Color the rainbow. Trace each arc with your finger. Breathe in, as you go UP. Breathe out, as you go DOWN.

©Namaste in School

- red
- orange
- yellow
- green
- blue
- indigo
- violet

breathe in

hold

breathe out

