

# Feels like;

# What to do;

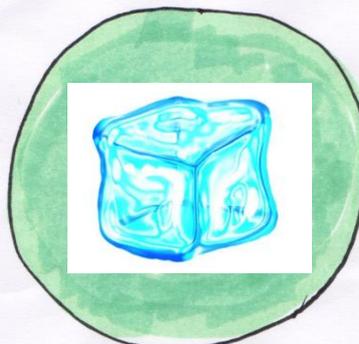
Angry  
Really upset  
Explode  
Out of control



Annoyed  
Stressed  
Bubbly tummy  
Worried



Happy  
Cool  
Good



Close eyes/Hold face



Deep breaths



Visualising



Count to 20



Coping  
Box



Hug



Walk away



Quiet space



Listen to music



Same thing –  
everything is ok.

# When I am not coping I can.....

