

FEEL CHART

When I feel.....
I can do yoga poses.



When I feel.....
I can take deep breaths.



When I feel.....
I can do a puzzle.



When I feel.....
I can think of my favourite things.



When I feel.....
I can listen to my favourite music.



When I feel.....
I can do my favourite sport.



When I feel.....
I can get a big hug.

When I feel.....
I can talk to someone.

