



Art by Natalia Moore

## Calvin's Emotion Regulation Strategies

*These tips can help you manage your feelings too...*

- \* Take slow deep breaths
- \* Do a calming activity (play with clay, exercise)
- \* Take a walk to clear your head
- \* Hug a family member for extra support

*My favorite stress relieving activity is: \_\_\_\_\_*



Art by Natalia Moore

*You can take charge of your feelings just like Calvin!*