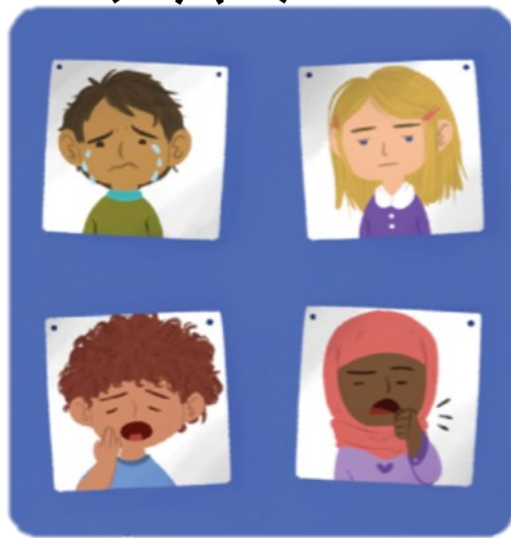




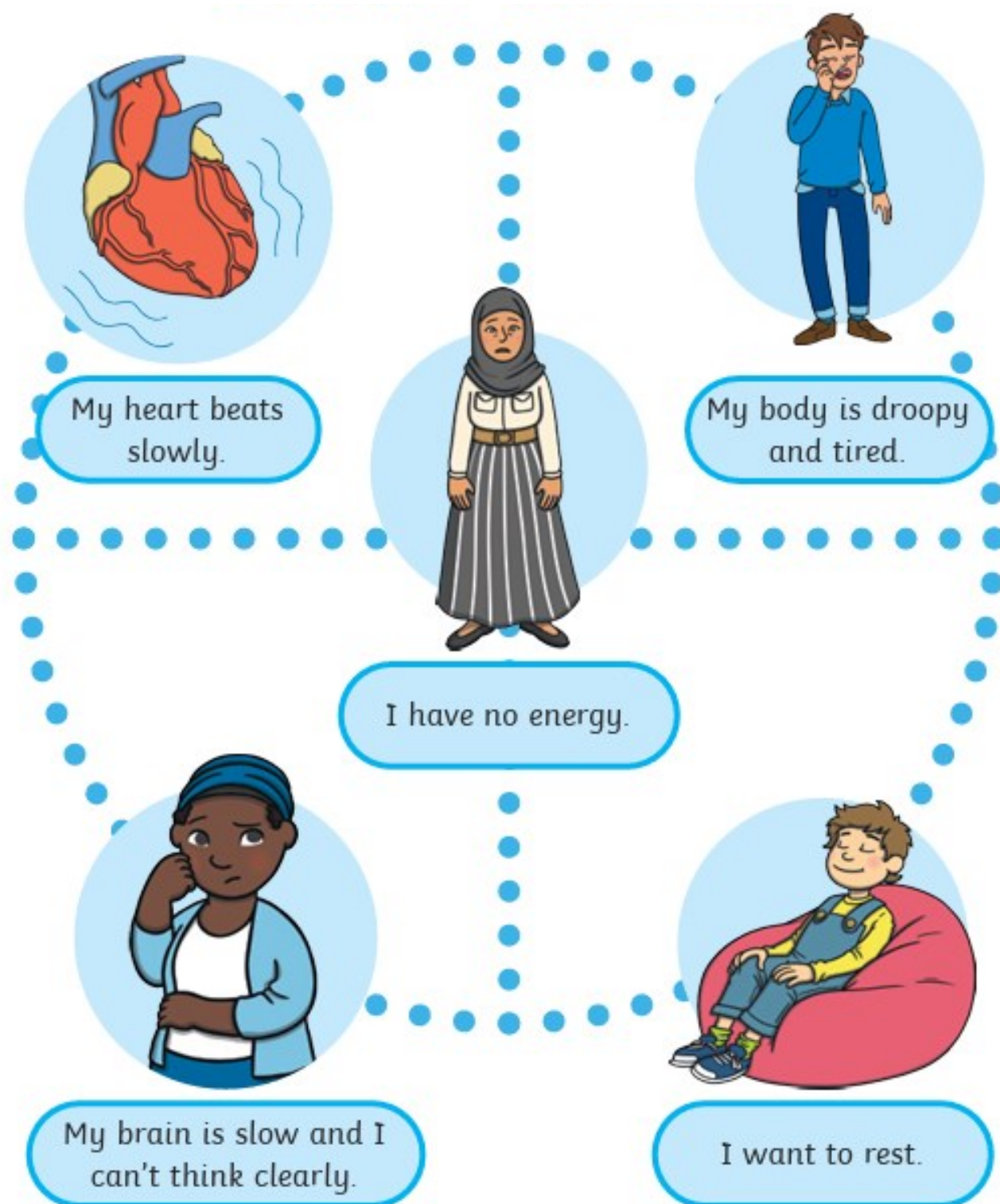
Talk to Allah about how you feel



Sad	As-Sami The All Hearing السَّمِيعُ	Calm	As-Salaam The Giver of Peace السَّلَامُ	Worried	Al-Wakeel The Ultimate Trustee الْوَكِيلُ	Angry Annoyed Frustrated	Al-Haleem The Patient and Kind الْحَلِيمُ
Hungry	Ar-Razzaq The Provider الرَّزَّاقُ	Grateful	Al-Karim The Generous الْكَرِيمُ	Anxious	As-Salaam The Giver of Peace السَّلَامُ	Overwhelmed	Al-Wakeel The Ultimate Trustee الْوَكِيلُ
Lonely	Al-Waliyy The Friend الْوَلِيُّ	Content happy	Al-Wahaab The Giver الْوَهَّابُ	Confused	Al-Hadi The Provider of Guidance الْهَادِي	Panicked	Al-Mujeeb The Responsive One الْمُجِيبُ
Tired Weak	Al-Qawiyy The strong الْقَوِيُّ	Brave confident	Al-Qawiyy The strong الْقَوِيُّ	Embarrassed	Al-Mu'izz The Honourer الْمُعِزُّ	Overexcited Manic	Al-Matin The Firm الْمَتِينُ
Sick	Ash-Shafi The Healer الشَّافِعِي	Focussed	Ya Fattah The Opener الْفَتَّاحُ	Restless	As-Sabur The Most Patient الصَّبُورُ	Impatient	As-Sabur The Most Patient الصَّبُورُ
Regret	Ar-Raheem The Merciful الرَّحِيمُ	Proud	Al-Mu'izz The Honourer الْمُعِزُّ	Tense	As-Salaam The Giver of Peace السَّلَامُ	Scared	Al-Hafeedh The Guardian الْحَفِيفُ
Bored	Al-Mughni The Enricher الْمُغْنِي	Loved	Al-Wadood The Loving One الْوَدُودُ	Energetic	Al-Matin The Firm الْمَتِينُ	Terrified	Al-Muhaymin The preserver of safety الْمُهَيِّمُنُ

Blue Zone

My Body's Response



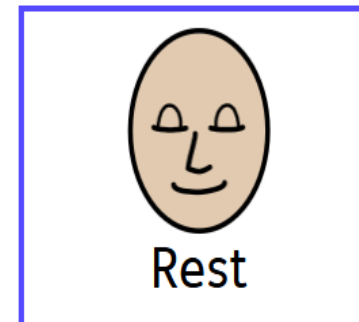
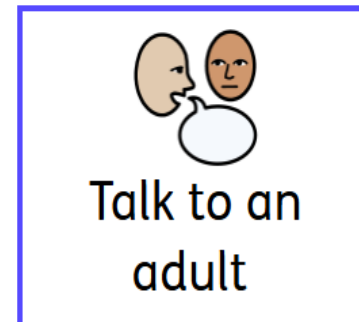
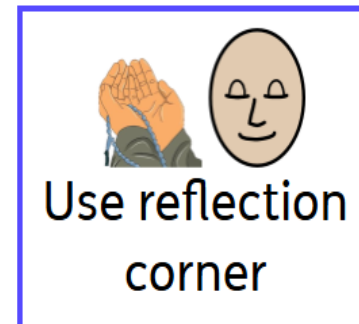
Feelings



Talk to Allah

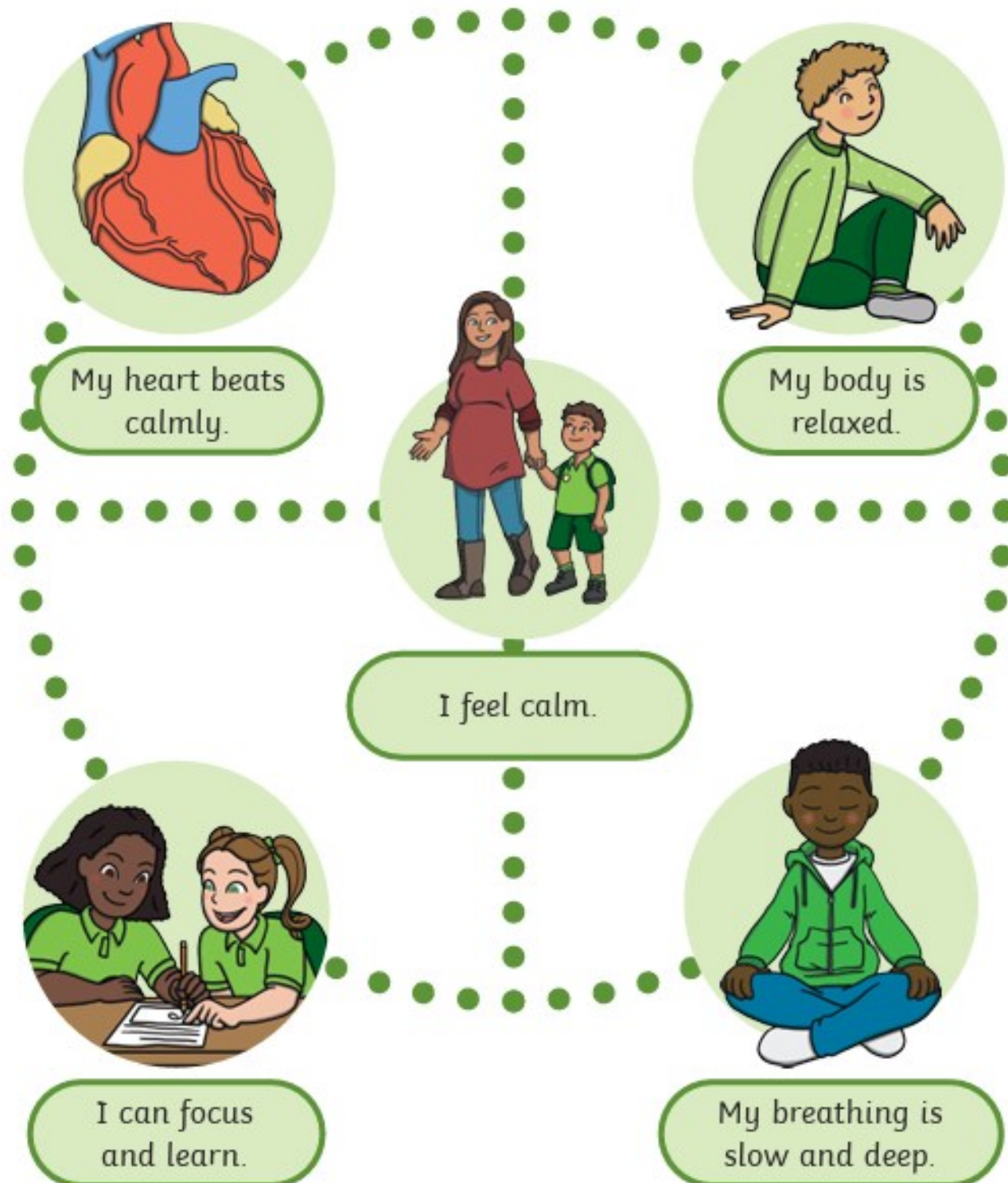
Strategies

	Sad	As-Sami The All Hearing	السَّمِيعُ
	Hungry	Ar-Razzaq The Provider	الرَّزَّاقُ
	Lonely	Al-Waliyy The Friend	الْوَلِيُّ
	Tired Weak	Al-Qawiyy The strong	الْقَوِيُّ
	Sick	Ash-Shafi The Healer	الشَّافِعِي
	Regret	Ar-Raheem The Merciful	الرَّحِيمُ
	Bored	Al-Mughni The Enricher	الْمُغْنِي



Green Zone

My Body's Response



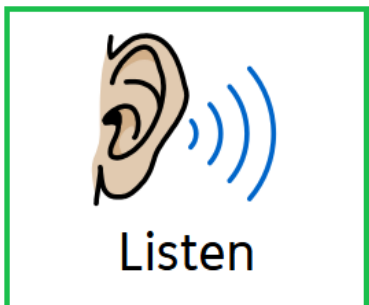
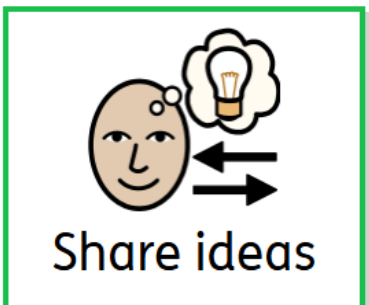
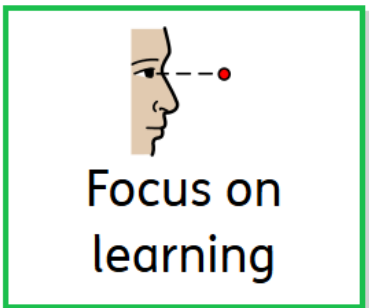
Feelings



Talk to Allah

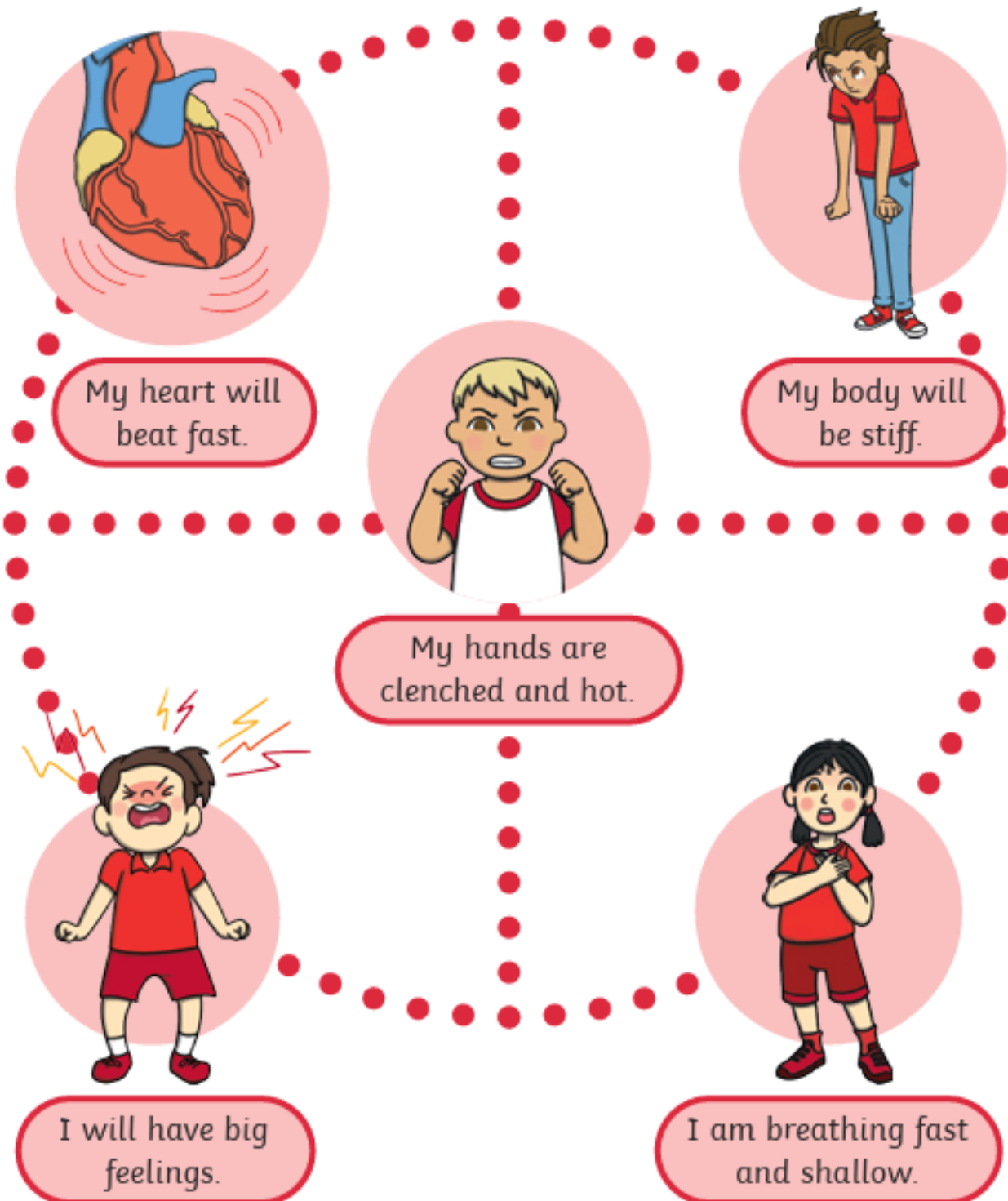
Strategies

	Calm	As-Salaam The Giver of Peace	السَّلَامُ
	Grateful	Al-Karim The Generous	الْكَرِيمُ
	Content happy	Al-Wahaab The Giver	الْوَهَّابُ
	Brave confident	Al-Qawiyy The strong	الْقَوِيُّ
	Focussed	Ya Fattah The Opener	الْفَتَّاحُ
	Proud	Al-Mu'izz The Honourer	الْمُعِزُّ
	Loved	Al-Wadood The Loving One	الْوَدُودُ



Red Zone

My Body's Response



Feelings



Talk to Allah

Strategies

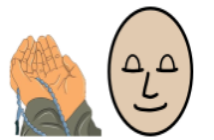
	Angry Annoyed Frustrated Furious	Al-Haleem The Patient and Kind	الْحَلِيمُ
	Overwhelmed	Al-Wakeel The Ultimate Trustee	الْوَكِيلُ
	Panicked	Al-Mujeeb The Responsive One	الْمُجِيبُ
	Overexcited Manic	Al-Matin The Firm	الْمَتِينُ
	Impatient	As-Sabur The Most Patient	الصَّابِرُ
	Scared	Al-Hafeedh The Guardian	الْحَفِيزُ
	Terrified	Al-Muhaymin The preserver of safety	الْمُهَيِّمُ



Squeeze something soft



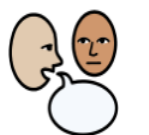
Breathing exercises



Use reflection corner



Do wudhu



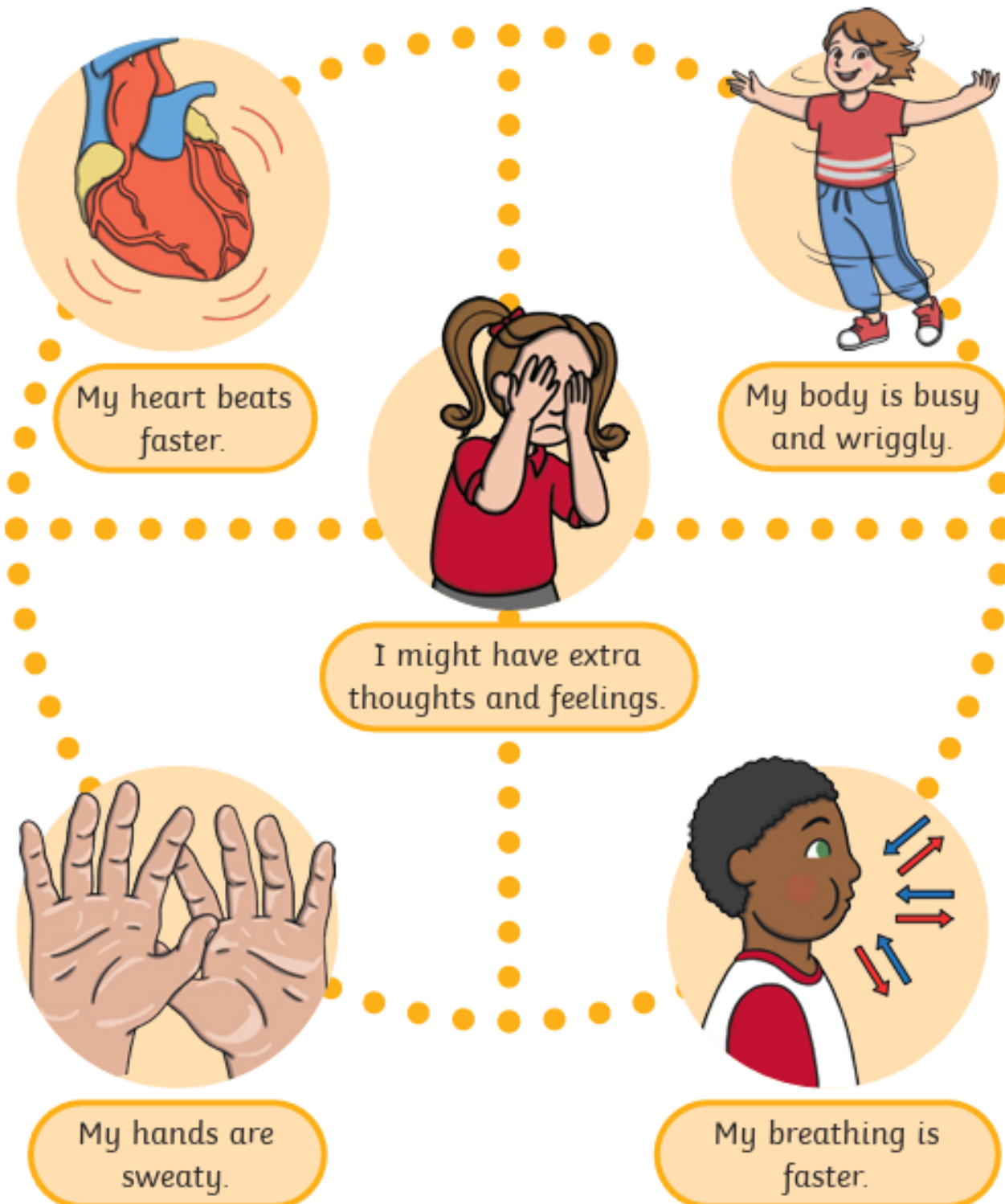
Talk to an adult



Drink water

Yellow Zone

My Body's Response



Feelings



Talk to Allah Strategies

	Worried	Al-Wakeel The Ultimate Trustee	الْوَكِيلُ
	Anxious	As-Salaam The Giver of Peace	السَّلَامُ
	Confused	Al-Hadi The Provider of Guidance	الْهَادِي
	Embarrassed	Al-Mu'izz The Honourer	الْمُعِزُّ
	Restless	As-Sabur The Most Patient	الصَّبَّورُ
	Tense	As-Salaam The Giver of Peace	السَّلَامُ
	Energetic	Al-Matin The Firm	الْمَتِينُ

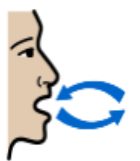


Draw

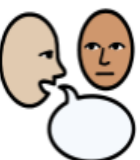


1 2 3

Count to 10



Breathing exercises



Talk to an adult