

Here are some of the things Jessica likes to do when she feels annoyed or angry.

Draw an "X" next to the ones you think might be a good idea to try!

_____ Take a deep breath

_____ Write in my journal

_____ Draw a picture of my emotions

_____ Cook, play sports, or do another fun activity

_____ Call a friend on the phone

_____ Squeeze a stress ball

_____ Hug my dog or cat (or other pet)

_____ Talk to a trusted grown-up about how I'm feeling