I FEEL MANY FEELINGS

Blooming ABILITIES

SOMETIMES I FEEL HAPPY.



I FEEL HAPPY WHEN...

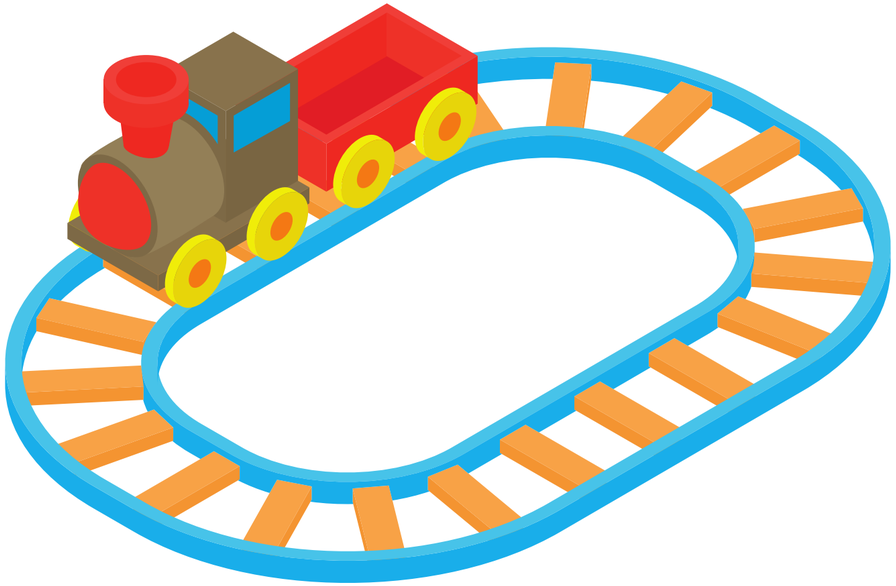
I'm playing with cars





I FEEL HAPPY WHEN...

I'm playing with trains





I FEEL HAPPY WHEN...

I'm swinging









I FEEL HAPPY WHEN...

I'm swimming or biking





I FEEL HAPPY WHEN...

I'm playing with playdough or putty







I FEEL HAPPY WHEN...

I'm outside.







Blooming ABILITIES

I FEEL HAPPY WHEN...

.....

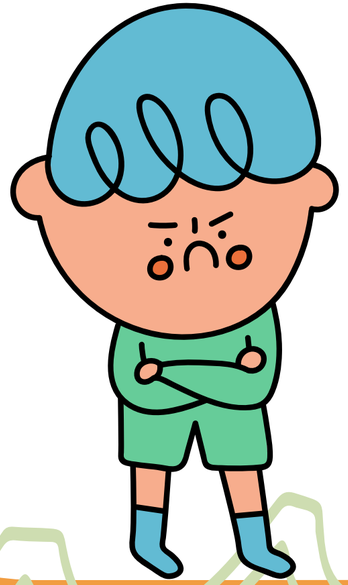
(fill in the blank and draw your own picture)

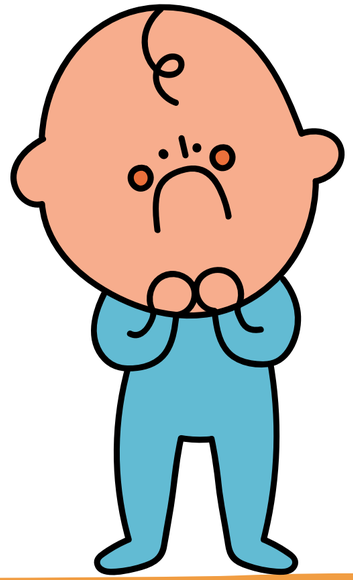


WHEN I FEEL HAPPY...

I CAN KEEP PLAYING AND HAVING FUN!

SOMETIMES I FEEL FRUSTRATED.





I FEEL FRUSTRATED WHEN....

I can't pass a level on a game.



I FEEL FRUSTRATED WHEN....



I can't do something I want to RIGHT NOW and I have to wait!

SOMETIMES I FEEL FRUSTRATED WHEN...

My blocks don't fit together or my trains don't connect.



SOMETIMES I FEEL FRUSTRATED WHEN...

.....

(fill in the blank)

WHEN I FEEL FRUSTRATED....



I CAN ASK FOR HELP

Blooming ABILITIES

WHEN I FEEL FRUSTRATED....

I CAN ROLL UP IN A BLANKET OR ASK FOR A HUG





WHEN I FEEL FRUSTRATED....



I CAN TAKE A BREAK



Blooming ABILITIES

WHEN I FEEL FRUSTRATED....



I CAN TAKE BIG BREATHS



Blooming ABILITIES

WHEN I FEEL FRUSTRATED....

I CAN .....

(ADD ANOTHER IDEA AND ADD A PICTURE!!)

Blooming ABILITIES

SOMETIMES I FEEL MAD.





Blooming ABILITIES

SOMETIMES I FEEL MAD WHEN...

I'm told "NO".

It's hard to wait for things I want to do.



SOMETIMES I FEEL MAD WHEN...



I'm told "NO" or "STOP".

Adults are trying to keep me safe.

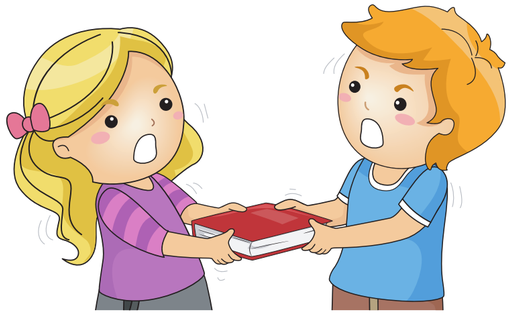




Blooming ABILITIES

SOMETIMES I FEEL MAD WHEN...

When my sibling takes my toys.



Blooming ABILITIES

WHEN I FEEL MAD.

I DO NOT HURT MYSELF OR OTHERS.

I DO NOT HIT OR THROW.





THEN EVERYONE FEELS MAD OR SAD.



Blooming ABILITIES

WHEN I FEEL MAD.

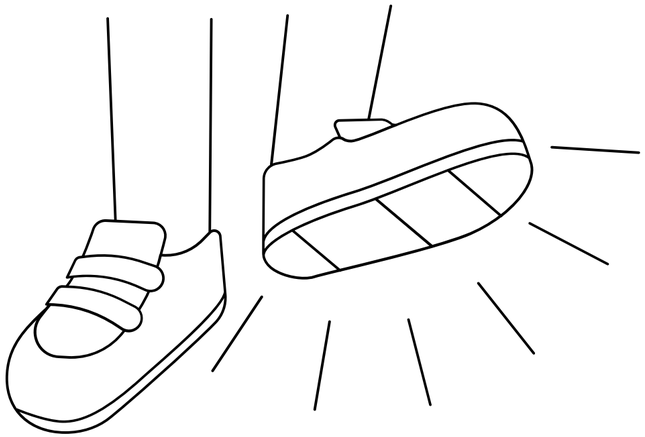
I CAN GO IN THE SWING.

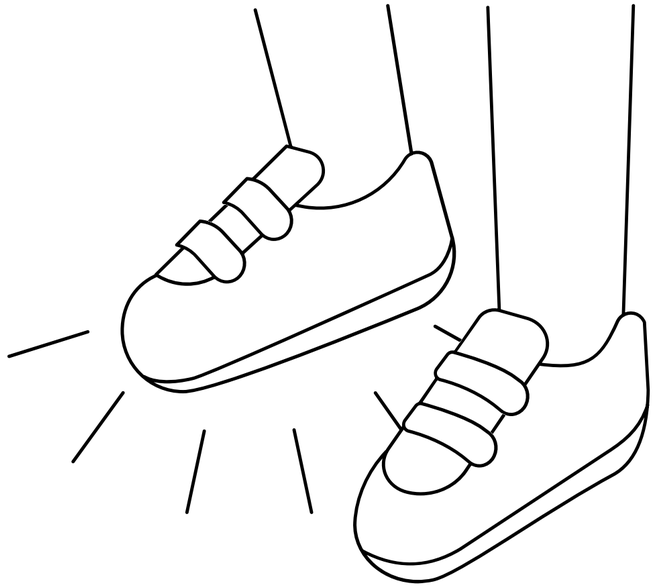


Blooming ABILITIES

WHEN I FEEL MAD.

I CAN STOMP MY FEET.





Blooming ABILITIES

WHEN I FEEL MAD.

I CAN BREATHE OR ROAR LIKE A LION.





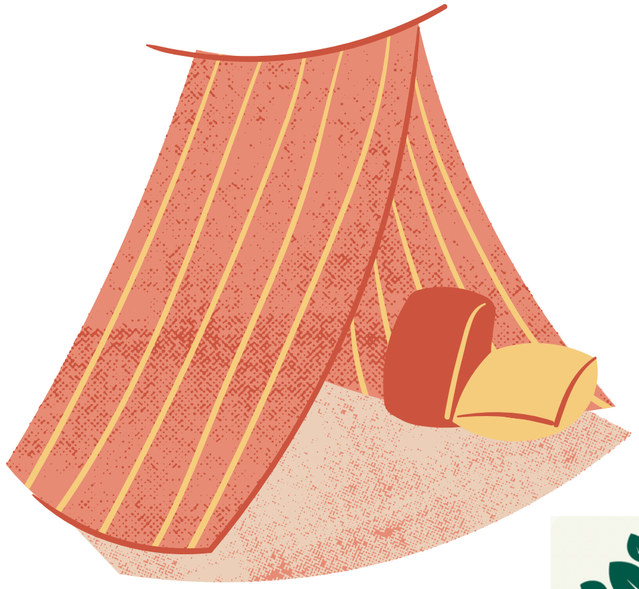


Blooming ABILITIES

WHEN I FEEL MAD.

I CAN TAKE A BREAK.





Blooming ABILITIES

WHEN I FEEL MAD.



I CAN USE A FIDGET

OR

I CAN SQUEEZE MY HANDS.





WHEN I FEEL MAD.

I CAN...

TAKE A DEEP BREATH AND COUNT 1 TO 10.

SQUEEZE MY STRESS BALL.

ASK FOR A BREAK.

STAND UP AND STRETCH.

TALK TO MY TEACHER ABOUT HOW I FEEL.



Blooming ABILITIES

I CAN STAY SAFE...

WHEN I'M HAPPY, MAD, SAD, OR FRUSTRATED.

I CAN USE MY TOOLS

WHEN I'M HAPPY, MAD, SAD, OR FRUSTRATED.

Blooming ABILITIES

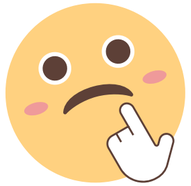


I FEEL LOTS OF FEELINGS EVERY DAY...

I CAN STAY SAFE WHEN I FEEL ALL MY FEELINGS!

Blooming ABILITIES

curious



sneaky



happy



nervous



confident



shocked



cheeky



worried



joyful



silly



sad



satisfied



anxious



excited



content



confused



loving



unimpressed



perplexed



angry





I HAVE LOTS OF DIFFERENT FEELINGS EVERY DAY!

HOW ARE YOU FEELING?

Blooming ABILITIES

WHAT CAN YOU DO RIGHT NOW?

I CAN TRY TO .....