SOMETIMES I FEEL MAD!



Blooming ABILITIES

SOMETIMES I FEEL HAPPY.



SOMETIMES I AM NOT HAPPY.











Blooming ABILITIES

WHEN I FEEL MAD I CAN...

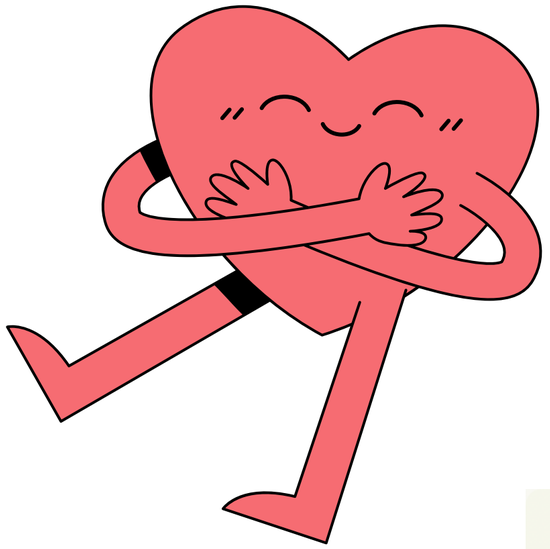
get my vest.



SOON I WILL FEEL HAPPY AND SAFE.



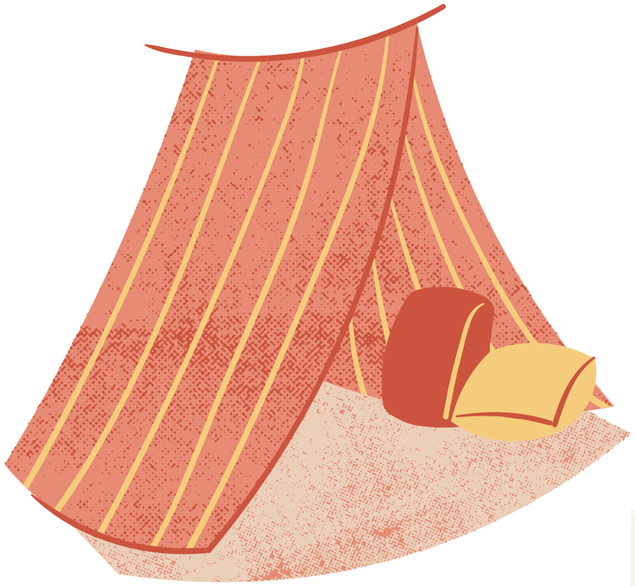




Blooming ABILITIES

WHEN I FEEL MAD I CAN...

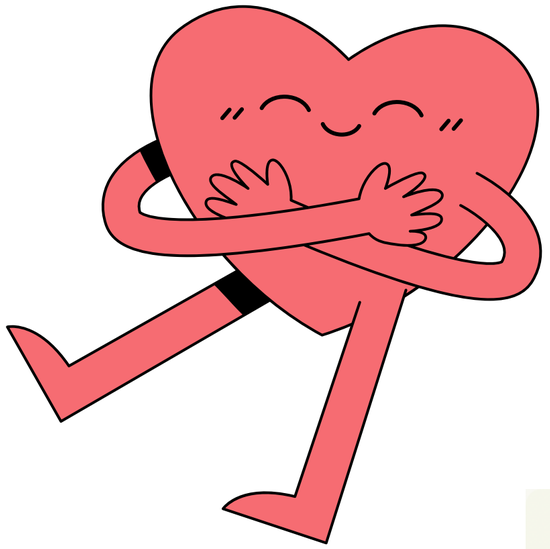
take a break.



SOON I WILL FEEL HAPPY AND SAFE.







Blooming ABILITIES

WHEN I FEEL MAD I CAN...

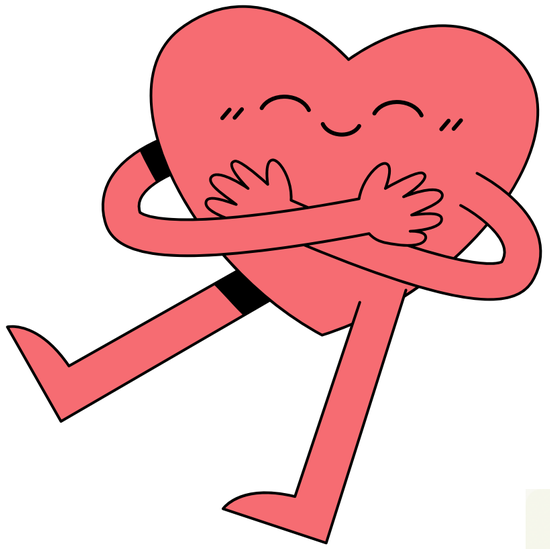
get a weighted animal.



SOON I WILL FEEL HAPPY AND SAFE.







Blooming ABILITIES

WHEN I FEEL MAD I CAN...

get a squish or put my hands on my head.





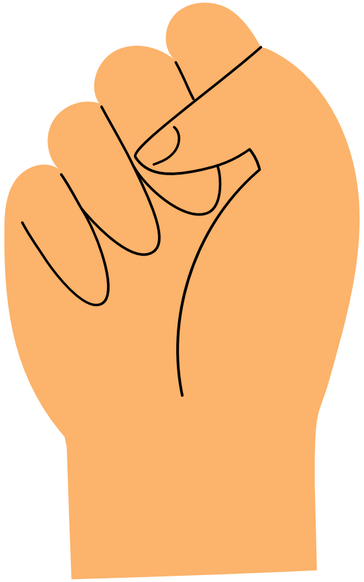
WHEN I FEEL MAD.

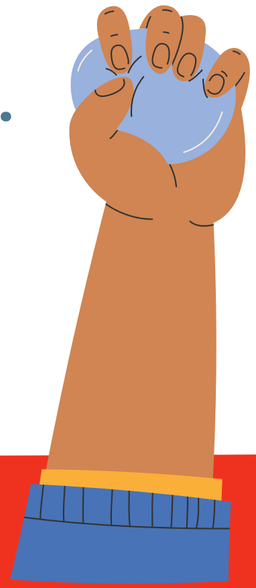


I CAN USE A FIDGET

OR

I CAN SQUEEZE MY HANDS.





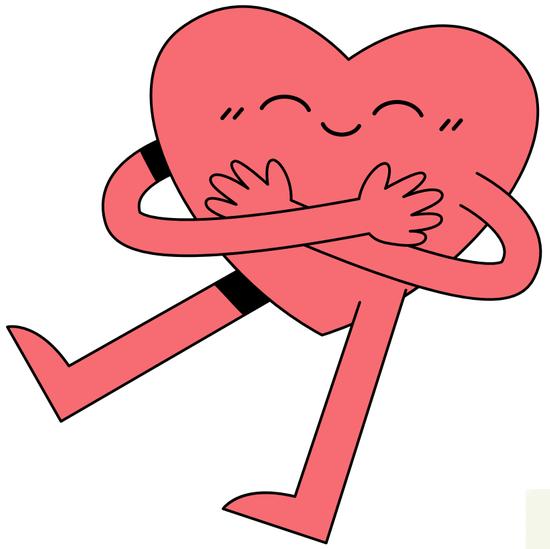


Blooming ABILITIES

SOON I WILL FEEL HAPPY AND SAFE.







Blooming ABILITIES

WHEN I FEEL MAD I CAN...

.....

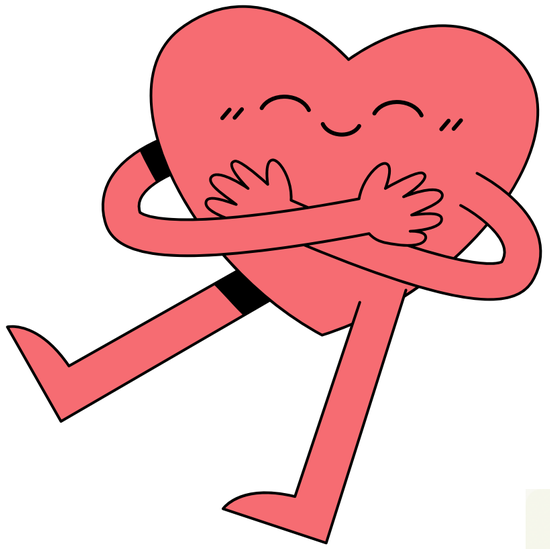


Blooming ABILITIES

SOON I WILL FEEL HAPPY AND SAFE.







Blooming ABILITIES

WHEN I FEEL MAD.

I DO NOT HIT OR HURT.
IT IS NOT SAFE.







Blooming ABILITIES

WHEN I FEEL MAD I HAVE MANY SAFE CHOICES...

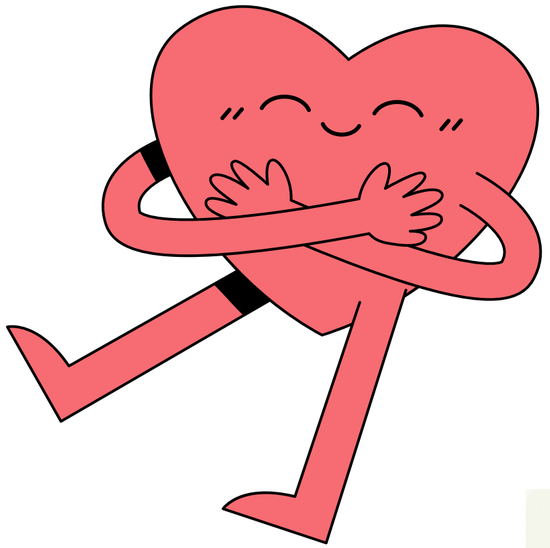


(summarize all here in words or pictures)

UNTIL I FEEL HAPPY AND SAFE.







Blooming ABILITIES

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

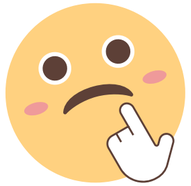


I FEEL LOTS OF FEELINGS EVERY DAY...

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?

I CAN TRY.....