

Letting Feelings Flow

A helpful tool to put in your tool kit is called “*The I Message*”. You can say it out loud, share it with someone, write it down, or even use it as part of the way that you talk to yourself in the moment.

Putting words to our waves can help you understand the wave you are surfing, and what can help you be the best surfer you can!



HAPPY

SAD

ANGRY

WORRIED