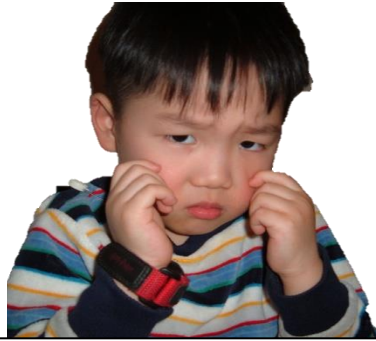




**Excited**



**Sad**



**Scared**



**Frustrated**



**Worried**



**Disappointed**

When I feel **excited** I can:

- Clap my hands
- Ask someone for a high-five
- Jump little jumps where I am standing
- Squeeze a soft toy or ball
- Say "I feel excited because..." (share the reason why)

When I feel **sad** I can:

- Ask for a hug
- Think of a happy memory
- Take deeps breaths
- Take a break in a quiet space
- Say "I feel sad because..." (share the reason why)

When I feel **scared** I can:

- Sit with a friend or adult I feel safe with
- Cover my eyes
- Think about a time when I was brave
- Say "I feel scared because..." (share the reason why)

Help your child label their emotion, looking at the emotions faces, and then talk about how they can express that emotion in an appropriate way.

"It looks like you are feeling \_\_\_\_\_. What can you do that can help you to feel better and more calm?"

When I feel **frustrated** I can:

- Stomp my foot
- Take 5 big breaths
- Try again
- Squeeze a soft toy or ball
- Come up with a new plan
- Say "I feel frustrated because..." (share the reason why)

When I feel **worried** I can:

- Ask questions to help me understand
- Take a couple deep breaths
- Think about things that you can change to help you feel better
- Say "I feel worried because..." (share the reason why)

When I feel **disappointed** I can:

- Make a different choice
- Practice being patient
- Try again
- Come up with a new plan
- Say "I feel disappointed because..." (share the reason why)