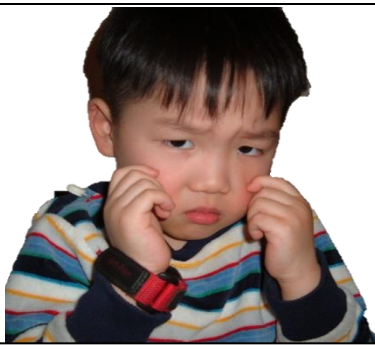




Excited



Sad



Scared



Frustrated



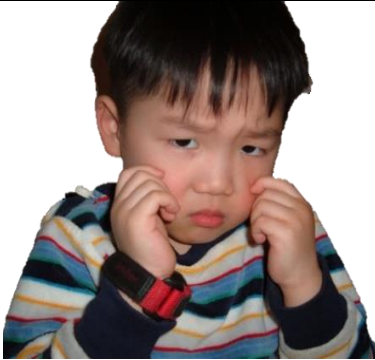
Worried



Disappointed



Excited



Sad



Scared



Frustrated



Worried



Disappointed

<p>When I feel excited I can:</p> <ul style="list-style-type: none"> • 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) 	<p>When I feel sad I can:</p> <ul style="list-style-type: none"> • Ask for a hug • Think of a happy memory • Take deep breaths • Take a break in a quiet space • Say "I feel sad because..." (share the reason why) 	<p>When I feel scared I can:</p> <ul style="list-style-type: none"> • 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)
<p>Help the child label their emotion, looking at the emotions faces on the front, and then talk about how they can express that emotion in an appropriate way. "It looks like you are feeling _____. What can you do to that can help you to feel better and calmer?"</p>		
<p>When I feel frustrated I can:</p> <ul style="list-style-type: none"> • 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) 	<p>When I feel worried I can:</p> <ul style="list-style-type: none"> • 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) 	<p>When I feel disappointed I can:</p> <ul style="list-style-type: none"> • Make a different choice • Practice being patient • Try again • Come up with a new plan • Say "I feel disappointed because..." (share the reason why)

<p>When I feel excited I can:</p>	<p>When I feel sad I can:</p>	<p>When I feel scared I can:</p>
<p>Help the child label their emotion, looking at the emotions faces on the front, and then talk about how they can express that emotion in an appropriate way. "It looks like you are feeling _____. What can you do to that can help you to feel better and calmer?"</p>		
<p>When I feel frustrated I can:</p>	<p>When I feel worried I can:</p>	<p>When I feel disappointed I can:</p>