





Belly Breathing



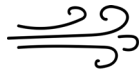
1. How do you use Belly Breathing?

Practice, then draw a picture of yourself using it!

1. Put your hands on your belly.	
2. Take a deep breath to fill your belly with air.	
3. Hold your breath and count to 5.	
4. Slowly blow out all the air.	

2. How do you feel after using Belly Breathing?

Circle the cloud that best matches.



3. When could you use Belly Breathing to help you feel your best self?

Draw or write your ideas.

Shake Out the Yuck



1. How do you use Shake Out the Yuck?

Practice, then draw a picture of yourself using it!

1. Imagine heavy thoughts or feelings as yucks.	
2. Pretend those yucks are stuck all over your body.	
3. Move your body all around to shake out those yucks.	

2. How do you feel after using Shake Out the Yuck?

Circle the cloud that best matches.



3. When could you use Shake Out the Yuck to help you feel your best self?





Draw or write your ideas.

Ground it Down



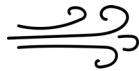
1. How do you use Ground it Down?

Practice, then draw a picture of yourself using it!

1. Stand or sit really still.	
2. Plant your feet into the ground.	
3. Squeeze your muscles tightly and count to 5.	
4. Release the squeeze and let out a big sigh.	

2. How do you feel after using Ground it Down?

Circle the cloud that best matches.



3. When could you use Ground it Down to help you feel your best self?

Draw or write your ideas.



Chillax in my Head



1. How do you use Chillax in my Head?

Practice, then draw a picture of yourself using it!

1. Imagine a place where you feel happy and relaxed.	
2. Think about what you can see, hear, smell, and touch when you are there.	
3. Pretend to be there until you feel chillax in your head.	

2. How do you feel after using Chillax in my Head?

Circle the cloud that best matches.



3. When could you use Chillax in my Head to help you feel your best self?

Draw or write your ideas.



Float Your Boat



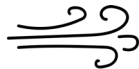
1. How do you use Float Your Boat?

Practice, then draw a picture of yourself using it!

1. Imagine you are on a boat.	
2. Pretend your heavy feelings are rocks making your boat start to sink.	
3. Write or draw each heavy feeling on a piece of paper.	
4. Crumple up each paper to make a rock.	
5. Throw your rocks overboard to float your boat!	

2. How do you feel after using Float Your Boat?

Circle the cloud that best matches.



3. When could you use Float Your Boat to help you feel your best self?

Draw or write your ideas.



Turn the Dial



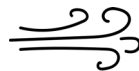
1. How do you use Turn the Dial?

Practice, then draw a picture of yourself using it!

1. Imagine a dial with lots of different feelings.	
2. Check what feeling your dial is on right now.	
3. Turn your dial to a different spot and think about how you feel.	
4. Keep turning until you find a spot where you feel your best.	

2. How do you feel after using Turn the Dial?

Circle the cloud that best matches.



3. When could you use Turn the Dial to help you feel your best self?

Draw or write your ideas.





Push the Clouds




1. How do you use Push the Clouds?

Practice, then draw a picture of yourself using it!

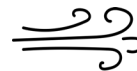
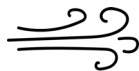
1. Imagine heavy feelings are dark clouds in the sky. 

2. Push the dark clouds away and say the rhyme:
 Push the clouds away,
 until the sky is clear.
 Send away the heavy thoughts,
 And bring the sunshine near! 

3. Keep pushing until the sun shines through. 

2. How do you feel after using Push the Clouds?

Circle the cloud that best matches.



3. When could you use Push the Clouds to help you feel your best self?

Draw or write your ideas.



A Catch Your Feelings Strategy

Smell the Roses



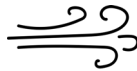
1. How do you use Smell the Roses?

Practice, then draw a picture of yourself using it!

1. Pause what you are doing.	
2. Pay attention to what you can see, hear, smell, and touch.	
3. Notice how you feel.	

2. How do you feel after using Smell the Roses?

Circle the cloud that best matches.



3. When could you use Smell the Roses to help you feel your best self?

Draw or write your ideas.



Feel it Together



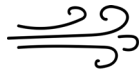
1. How do you use Feel it Together?

Practice, then draw a picture of yourself using it!

1. Pay attention to feelings that are heavy.	
2. Share those feelings with someone you know.	
3. Notice if sharing helped those feelings be lighter.	

2. How do you feel after using Feel it Together?

Circle the cloud that best matches.



3. When could you use Feel it Together to help you feel your best self?

Draw or write your ideas.



Bring a High 5!



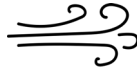
1. How do you use Bring a High 5?

Practice, then draw a picture of yourself using it!

1. Notice when someone does something you appreciate.	
2. Work together to make a special High 5!	
3. Bring your High 5! to show you appreciate them.	

2. How do you feel after using Bring a High 5?

Circle the cloud that best matches.



3. When could you use Bring a High 5! to help you feel your best self?

Draw or write your ideas.



Be a Kind Helper



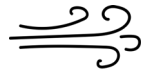
1. How do you use Be a Kind Helper?

Practice, then draw a picture of yourself using it!

1. Find someone you can help.	
2. Do something to help them.	
3. Notice how you feel after helping.	

2. How do you feel after using Be a Kind Helper?

Circle the cloud that best matches.



3. When could you use Be a Kind Helper to help you feel your best self?





Draw or write your ideas.

3 Friendly Wishes



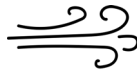
1. How do you use 3 Friendly Wishes?

Practice, then draw a picture of yourself using it!

1. Think of 3 Friendly Wishes to share with someone.	
2. Write or draw these wishes on a piece of paper.	
3. Share your 3 Friendly Wishes with that someone.	
4. Notice how each of you feels.	

2. How do you feel after using 3 Friendly Wishes?

Circle the cloud that best matches.



3. When could you use 3 Friendly Wishes to help you feel your best self?

Draw or write your ideas.