



Bring emotional well-being into a kid's world!

Explore emotion-coping strategies with a fun, **FREE** toolkit

What is Feel Your Best Self (FYBS)?

FYBS is a free toolkit for kids that teaches 12 simple, emotion-focused coping strategies. These types of coping strategies are important life skills, and when used regularly, can promote emotional well-being. Using FYBS, kids explore the different strategies to find those that help them feel their best as they navigate situations in their own lives.

What is included in the Toolkit?

FYBS includes short videos for each of the 12 strategies in which 3 puppet kids offer and show each other different ways to help them shift their thinking, settle their body, and more! Tip sheets are provided to support co-viewing and discussing with caregivers. Cards that outline each step, using simple words and visuals, are included for each strategy. Facilitator guidance is available to help walk through using the toolkit across ages and settings. Guidance even includes suggestions for incorporating puppet making so that kids can make their own fun friend to help them practice the strategies.

How can you use FYBS?

FYBS is flexible! This means that it can be used in lots of different ways, such as a stand-alone option or a complement to what educators, families, and community providers are already doing. It is easy to teach kids how the "language" of FYBS can align with an existing program. For example, in classrooms, FYBS can be used in morning meeting, a designated block in the schedule, during transitions, and even into related services/arts.

Families are using the videos along with our Feelings Forecast to learn together and talk about emotion-coping strategies. Our Tip Sheets offer a great starting place to get those conversations going and put the strategies into practice in your own family. Some families have shared that they have loved creating their own sock puppets!



Feel Your Best Self Strategies

Calm Your Self

Strategies teach self-soothing skills that can help children calm down when they are not feeling their best self.



Belly Breathing



Shake Out the Yuck



Ground it Down



Chillax in my Head

Catch Your Feelings

Strategies promote self-awareness by helping children shift their thoughts to those that help them feel their best self.



Float Your Boat



Turn the Dial



Push the Clouds



Smell the Roses

Connect With Others

Strategies help children feel their best self through building supportive relationships and acts of kindness toward others.



Feel it Together



Bring a High 5!



Be a Kind Helper



3 Friendly Wishes



feelyourbestself.org

Generous support provided by



Additional support provided by



and others