

Cut out the suns and storms.

Read the statements below and decide how you feel

Place a sun or a storm to signify happy or sad

For each picture or statement that has a storm, talk to you grown up about what you could say in those situations to describe how you are feeling and that you need help.

1. A big dog barks at me when I walk down the street
2. Loud thunder and lightning during a thunderstorm
3. My family tells me how much the love me
4. When I cannot watch what I want on TV
5. When someone takes my toy
6. When I spill my juice
7. When I get a present
8. When I go swimming
9. When I am allowed to play video games





