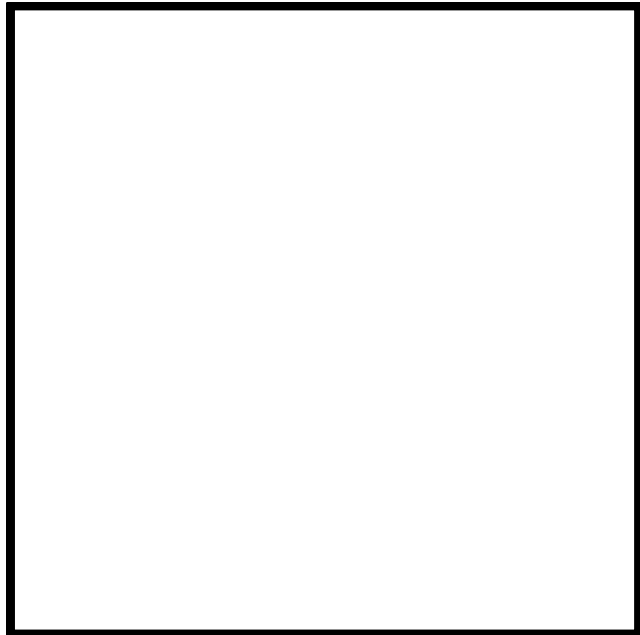
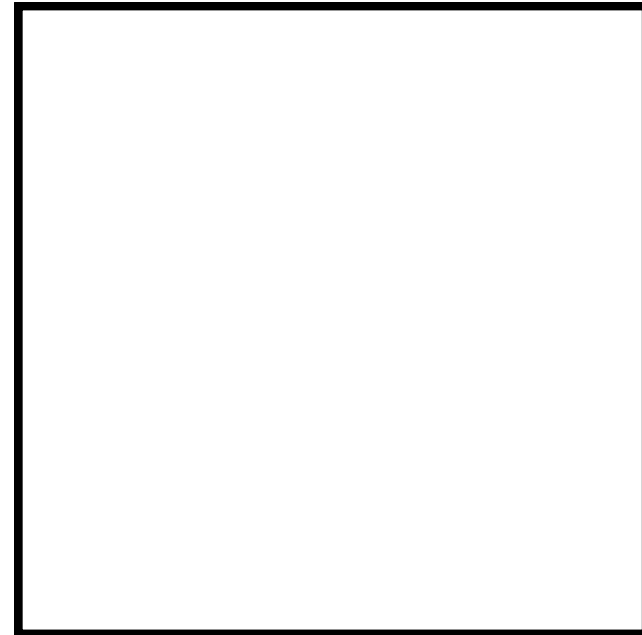


I feel...

A large, empty square box with a black border, intended for a person to draw or write their feelings.

What can help...

A large, empty square box with a black border, intended for a person to draw or write what can help them.

I Feel...



Happy



Sad



Mad



Scared



Excited



Worried



Tired

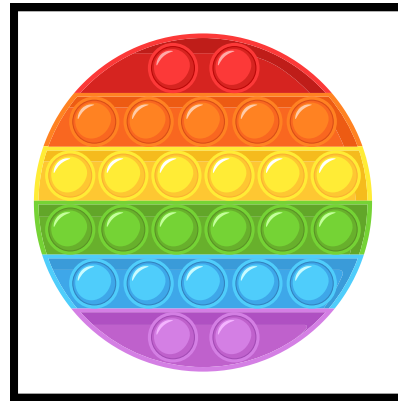
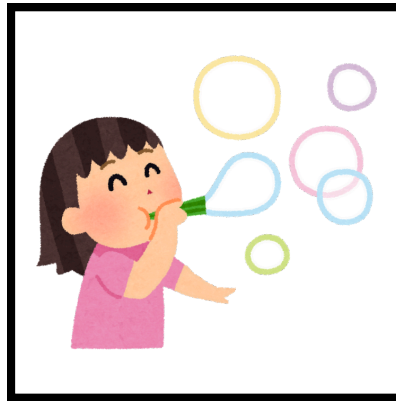


Frustrated



Surprised

What Can Help....



Ways To Use This Resource:

1. Laminate this resource for durability and attach Velcro to each of the two squares on the front.
2. Print, cut out, and laminate the emotions cards from the "I Feel..." resource or other pictures of emojis that children are familiar with and attach them with Velcro to the back of this resource. Print, cut out, and laminate the pictures from the "What Can Help..." resource or pictures of other identified helpful coping strategies and attach them with Velcro to the back of this resource.
3. When children are overwhelmed or upset, guide them to select a feeling and a helpful coping strategy.
4. Be sure to model and practice use of this tool to reinforce proper use. With practice, children can become independent in using this resource!