



SENSE IT

- 1 Picture in your mind a time you were happy.
- 2 Think about what you saw.
- 3 Think about what you heard and smelled.
- 4 Think about what you touched and tasted.

SIGHT
HEARING
SMELL
TOUCH
TASTE



SOOTHING CIRCLES

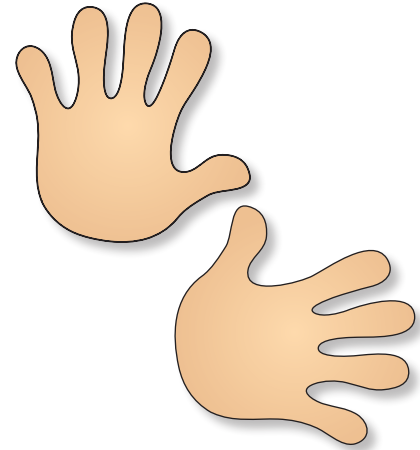
- 1 Draw circles all over a sheet of paper. It is okay if some circles overlap.
- 2 Color your drawing.





“HAND-LING” MY EMOTIONS

- 1 Place your hands flat in your lap, spreading out the fingers on each hand.
- 2 Slowly trace around the fingers of your left hand with the pointer finger of your right hand. Take deep, slow breaths as you do this.
- 3 Repeat Step 2, tracing around the fingers of your right hand with the pointer finger of your left hand.
- 4 Quietly say to yourself, “I am in control of my emotions.”



WAVES

- 1 Draw a line of waves on paper.
- 2 Label each wave with an emotion you are feeling.
- 3 Color and add details.
- 4 Remember that emotions come and go, just like the waves of the ocean.

