**FEEL-BETTER CARD 3**

**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.

**FEEL-BETTER CARD 4**

**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.