



1. What happened?



2. What am I feeling?

Circle one pumpkin that shows how you feel right now.



Angry



Worried



Sad



Frustrated



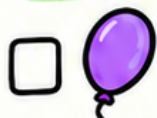
Scared



Overwhelmed

3. Calm my body

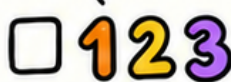
Check the calming tools you can try.



→ Balloon breaths →



Squeeze hands



Count to 10



Drink water



Wall push-ups



Hug a soft toy

4. My helper

I can talk to:

5. My cool-down plan



First I will...

Then I will...

After that I will...



@the.sky.within.you