



Being a Good Boss to Your Feelings

Take a deep breath!
Listen to your feelings.
Think before you act.

How can I be a good boss to my feelings?

Feelings are there to help you protect yourself and understand what is going on around you very quickly. Sometimes, feelings can get over-excited and that makes them confusing.

DRAW A STAR on the things **YOU** do to calm down **YOUR** feelings.

I'm STRONG

I'm BRAVE

I'm SMART

I CAN DO IT!

Say helpful things to yourself. **1**

Breathe in from your nose...

Watch your chest rise.

Breathe out from your mouth...

Listen to the air making a WHOOFF!

Take **BIG BREATHS**. **2**

YAWN & STRETCH with all of your body!

If your adults say "OK", let your body make all the sounds it wants to make.

Yawn and stretch. **3**

Squeeze your muscles.

Count to 3.

RELAX like cooked spaghetti.

Do the *Spaghetti Dance*. **4**

6

STOP

Take a big breath. As you let out the air, count to 10.

Count backwards!

Draw the numbers you will count on the gray area around this slide.

Count. **5**

15

Think of the good things in your life. **6**

How can I quiet down my feelings?

Sometimes feelings can get so excited that they confuse you and get you to make foolish choices. Sometimes we do foolish things to calm down our feelings. Even adults have trouble quieting down their feelings sometimes.

DRAW A STAR on the smart ways to calm down **YOUR FEELINGS**.

DRAW AN X on the foolish ways to calm down **YOUR FEELINGS**.

