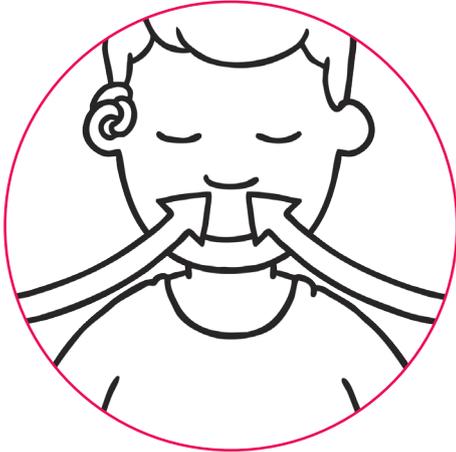




# Angry

Colour in the strategies you would use to manage anger.

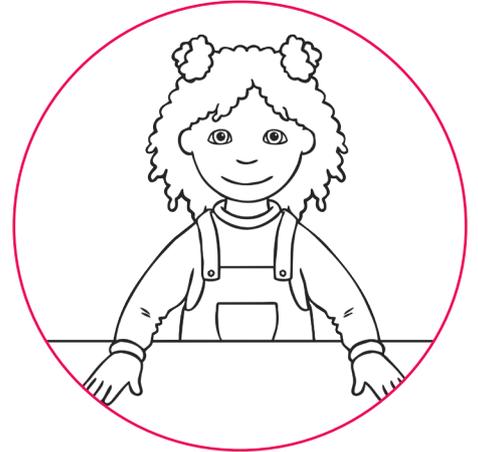
When I feel angry, I can feel better by...



slow breathing



counting to ten



having some quiet time on my own



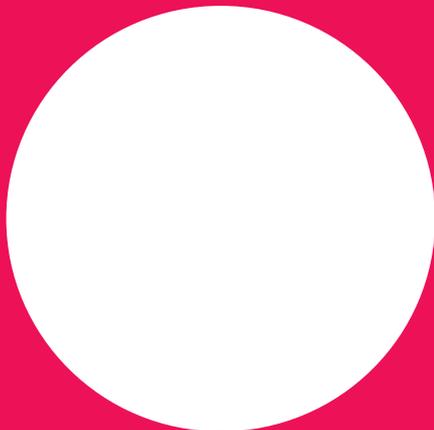
going outside



colouring in



playing with my favourite toy



**Add a strategy of your own.**



# Sad

Colour in the strategies you would use to manage sadness.

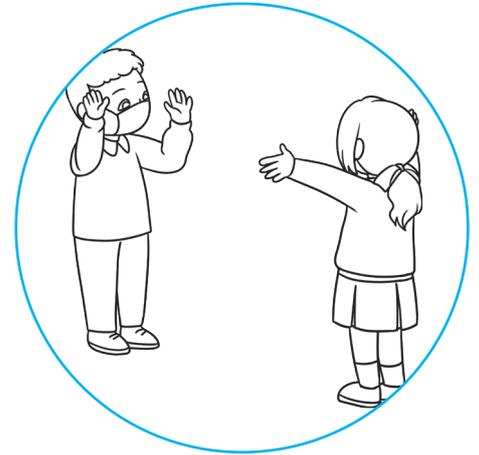
When I feel sad, I can feel better by...



talking to  
someone I trust



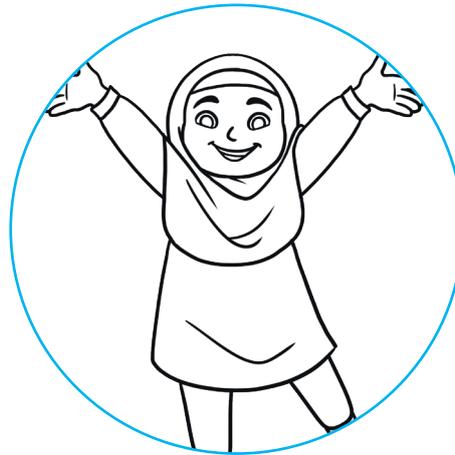
playing with my  
favourite toy



getting an air cuddle



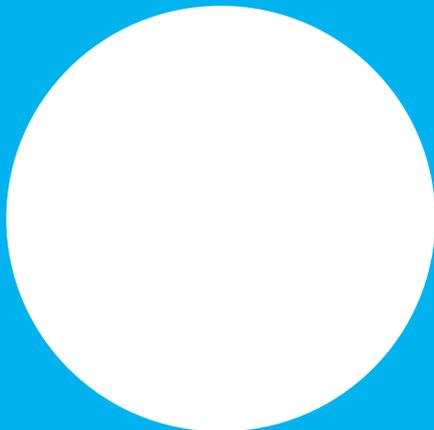
drawing a picture



exercising



listening to music



**Add a strategy  
of your own.**



# Tired

Colour in the strategies you would use to manage tiredness.

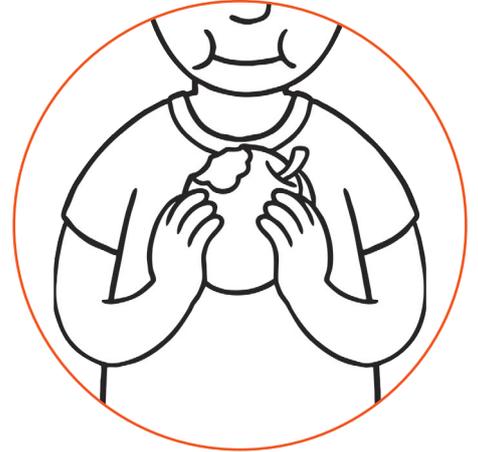
**When I feel tired, I can feel better by...**



having a rest



reading a book



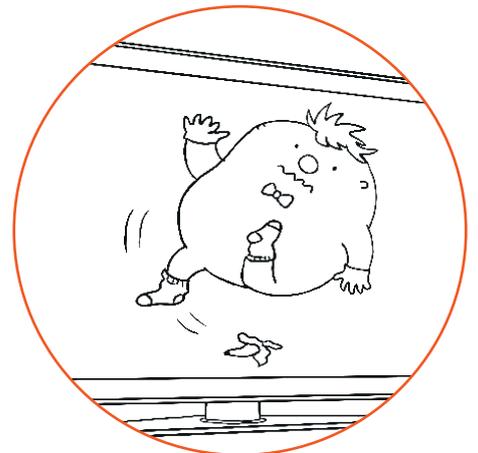
eating a healthy snack



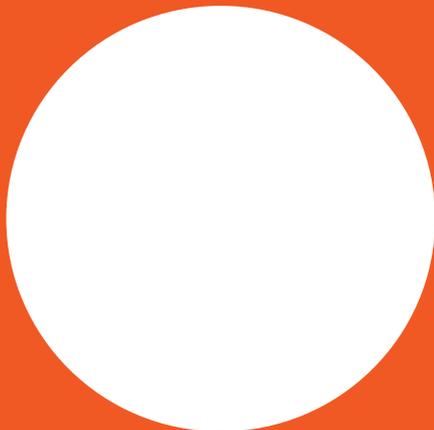
lying down for a nap



going outside



watching a  
TV programme



**Add a strategy  
of your own.**



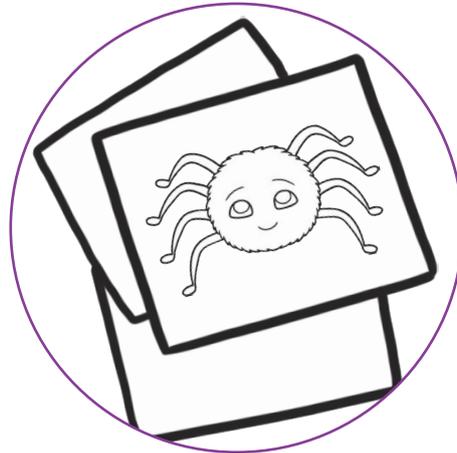
# Scared

Colour in the strategies you would use to manage fear.

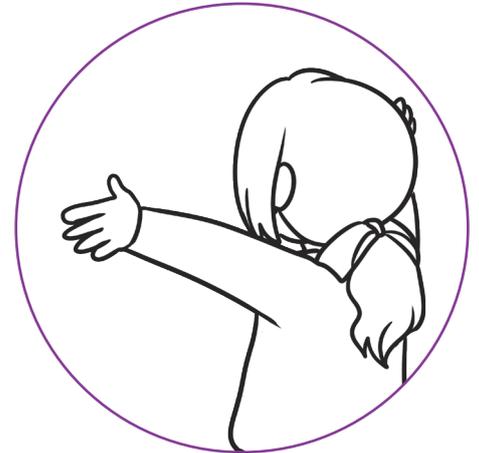
When I feel scared, I can feel better by...



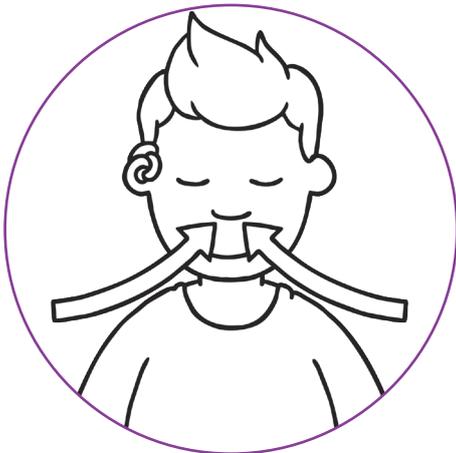
talking to someone I trust



drawing a picture of what I am scared of



getting an air cuddle



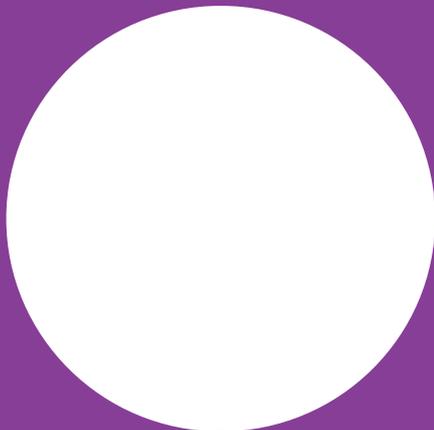
taking deep breaths



thinking about something else



staying close to someone from home



**Add a strategy of your own.**



# Bored

Colour in the strategies you would use to manage boredom.

**When I feel bored, I can feel better by...**



playing outside



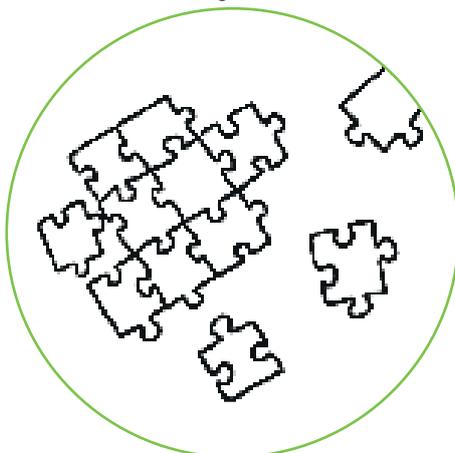
playing a game with someone from home



drawing a picture



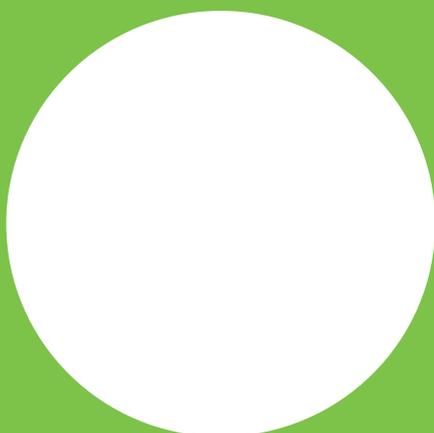
reading a book



doing a jigsaw puzzle



building a den



**Add a strategy of your own.**