

*My*

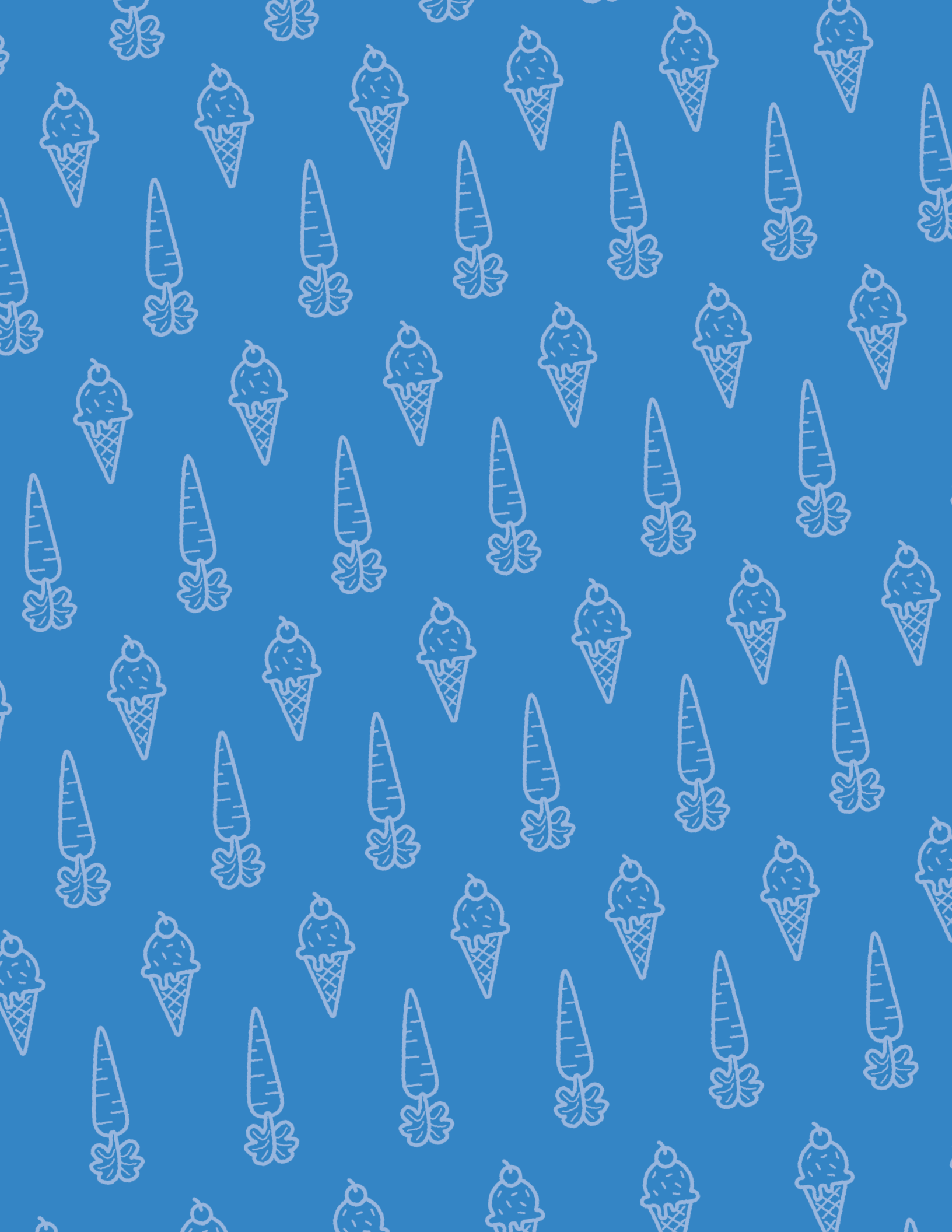
3<sup>rd</sup>-5<sup>th</sup>

*Friend*

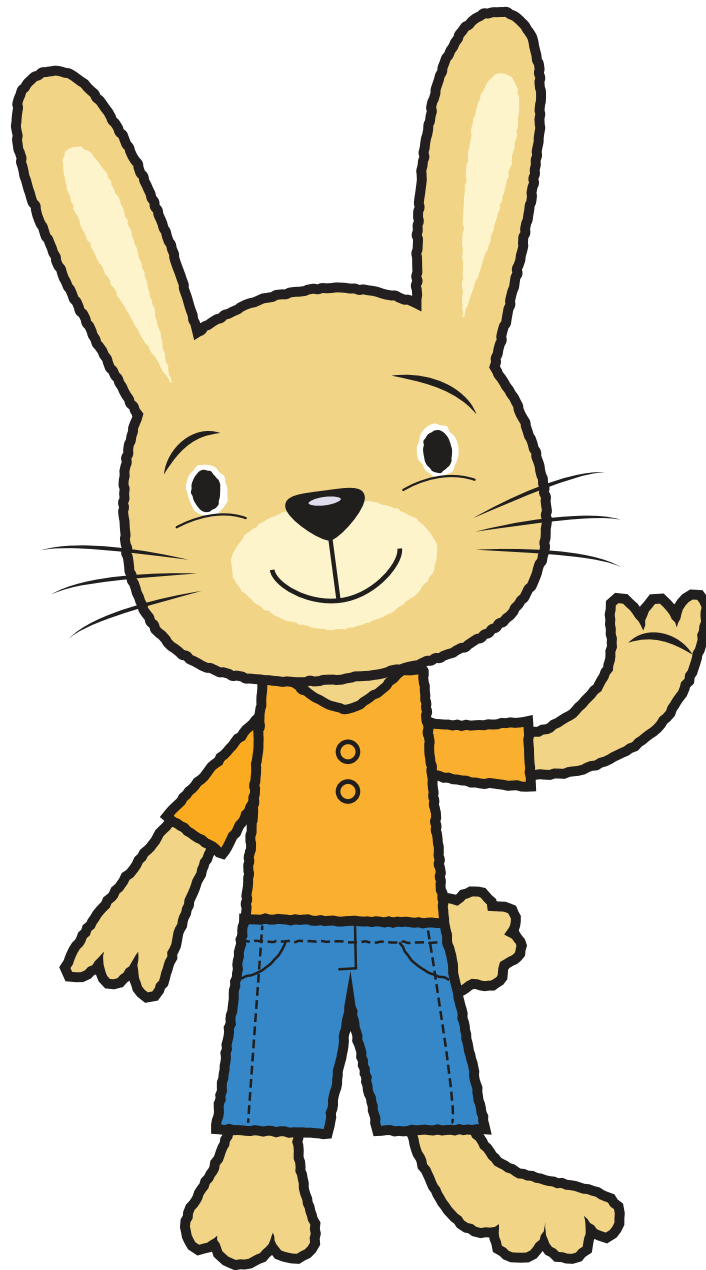
*&  
Me*



NASMHPD

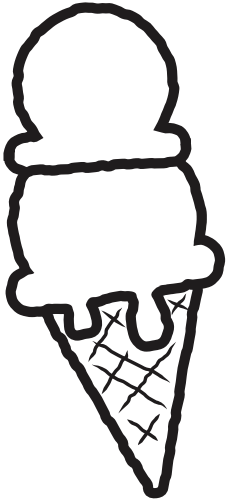


*hello!*



I'm *Bing* the bunny.  
Let's get to know each other.

These are a few of my  
*Favorite Things.*



What are some of your  
*Favorite Things?*

A Place

Animal

A Person

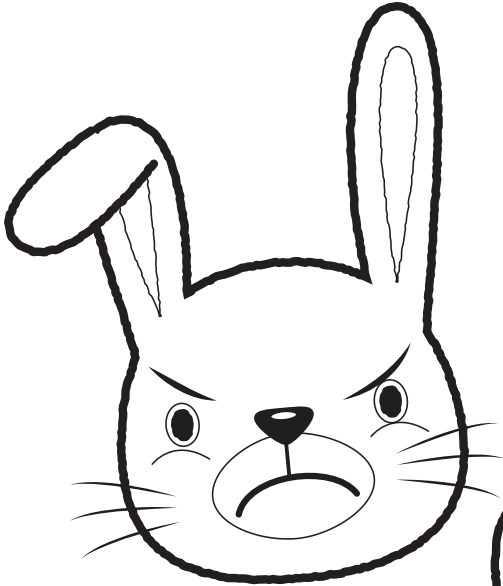
DRAW YOUR FAVORITE

DRAW YOUR FAVORITE

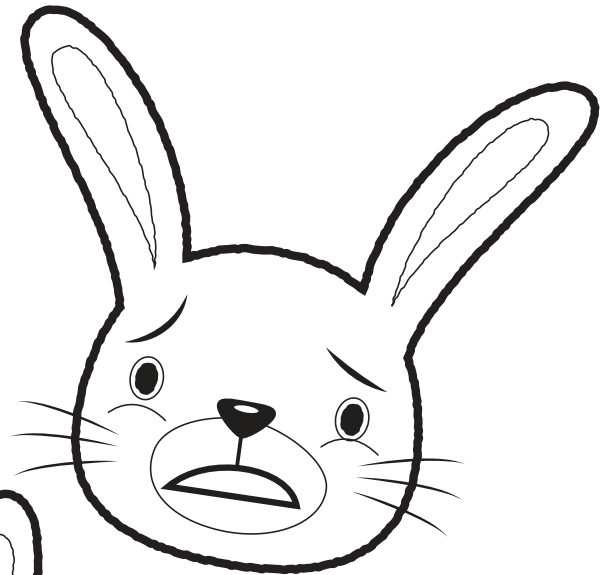
DRAW YOUR FAVORITE

I have so many *Feelings*.

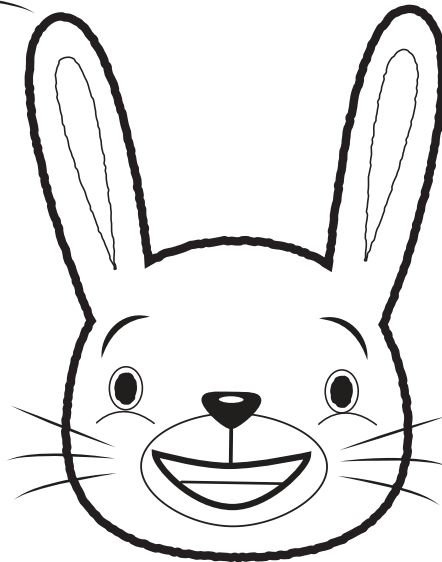
What color is your feeling?



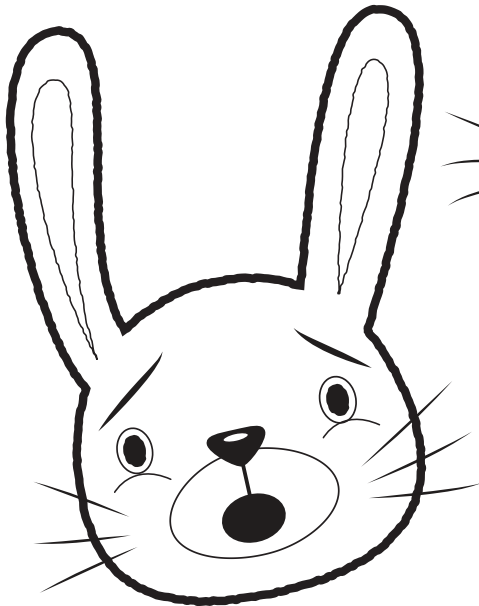
*mad*



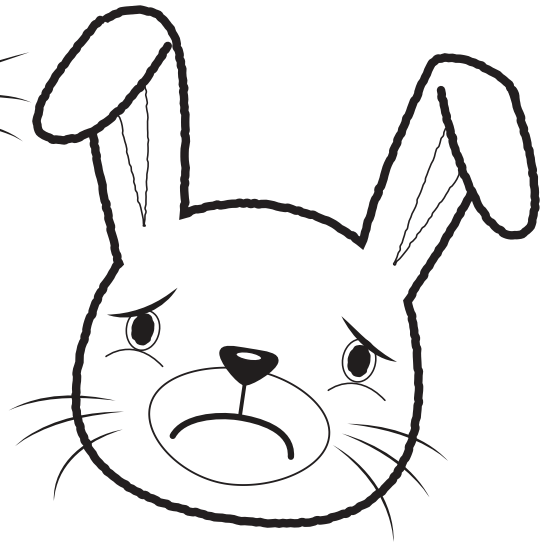
*worried*



*happy*

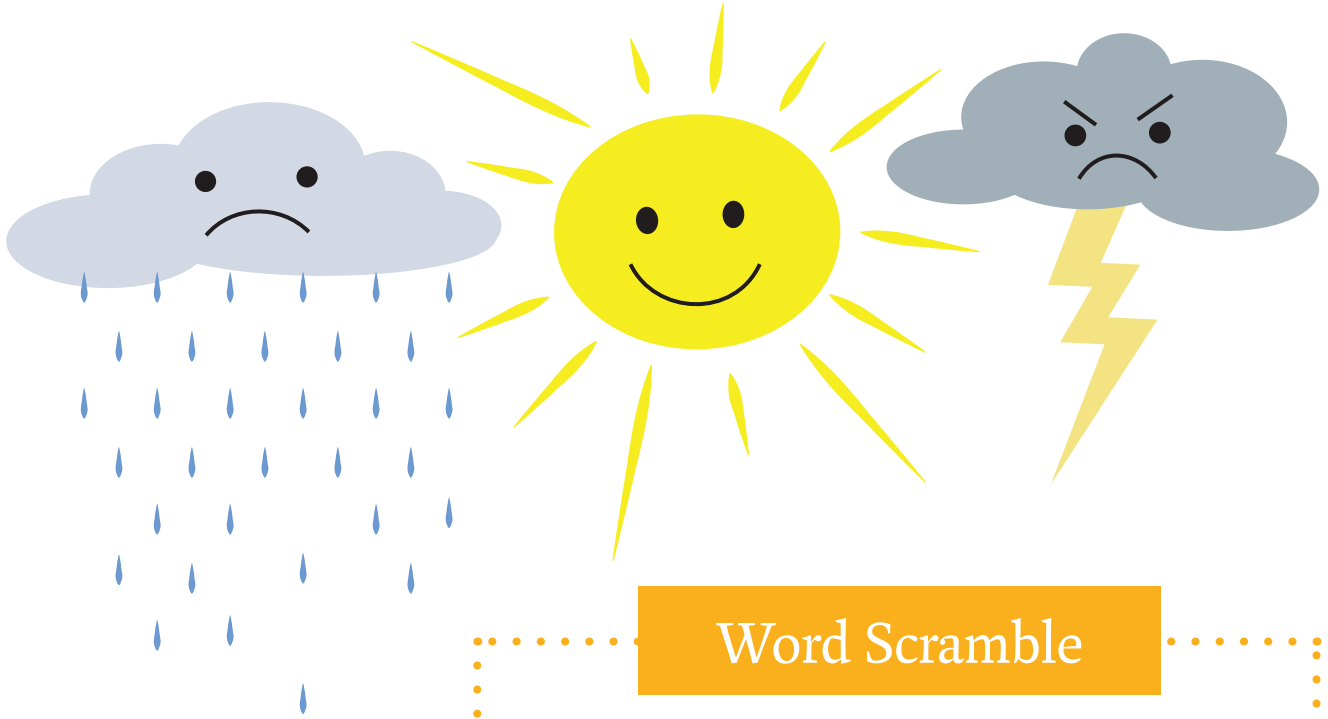


*scared*



*sad*

Sometimes my feelings remind me of  
the *Weather* around me.



### Word Scramble

Unscramble the words.

1. appHy \_\_\_\_\_

2. adS \_\_\_\_\_

3. ygArn \_\_\_\_\_

4. rWdreio \_\_\_\_\_

5. Srdcea \_\_\_\_\_

ANSWERS:

Happy · Sad · Angry · Worried · Scared



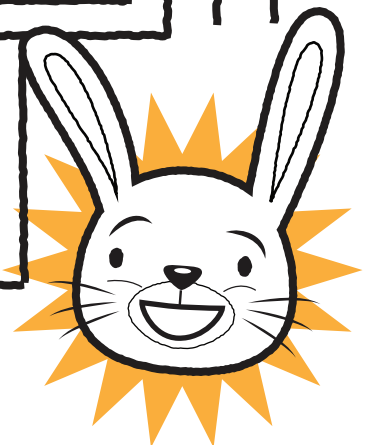
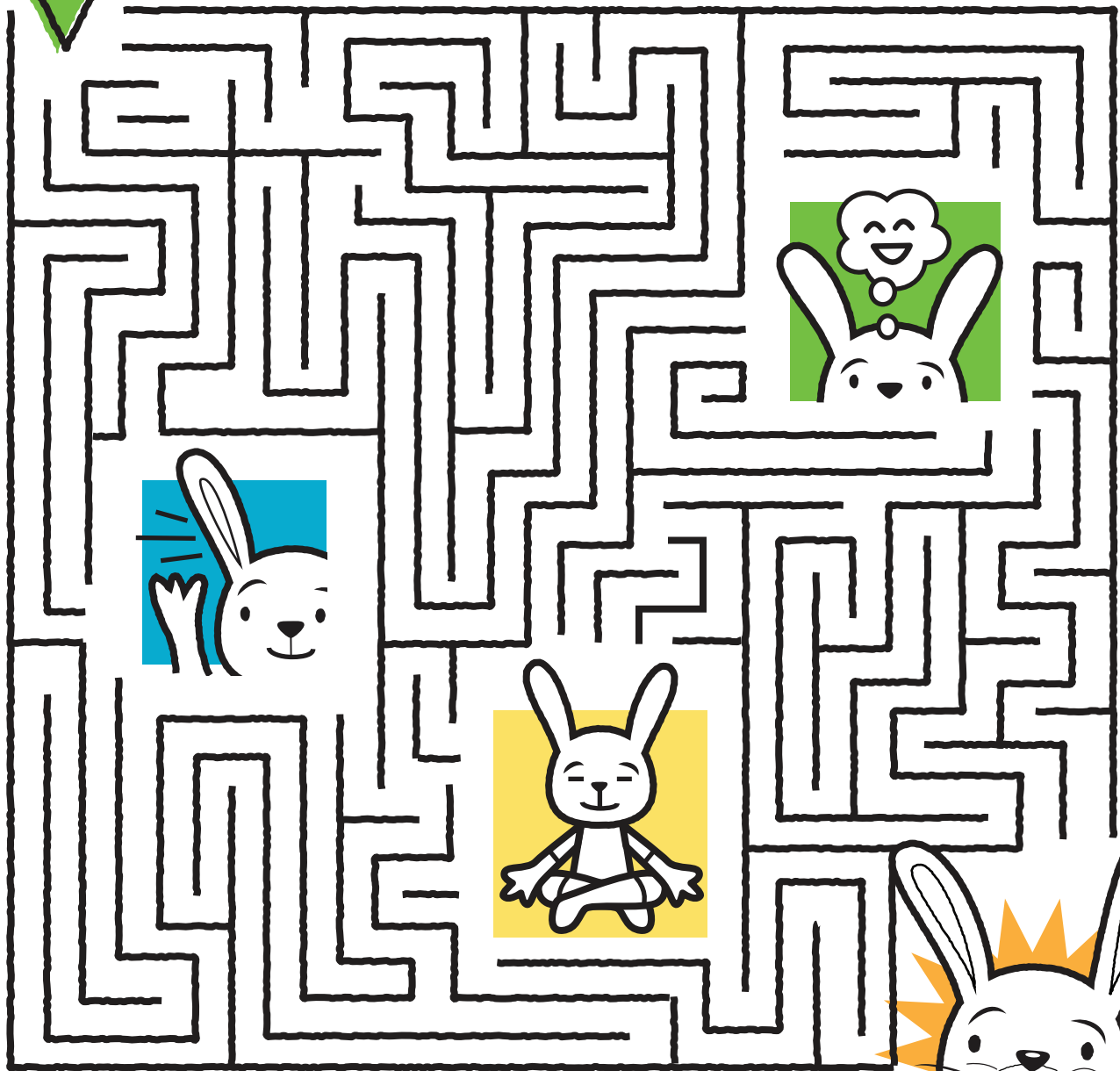
Sometimes they are *Sunny*.



Find your way to the sunny thoughts  
by following the trail of  
*Happy* body signals.

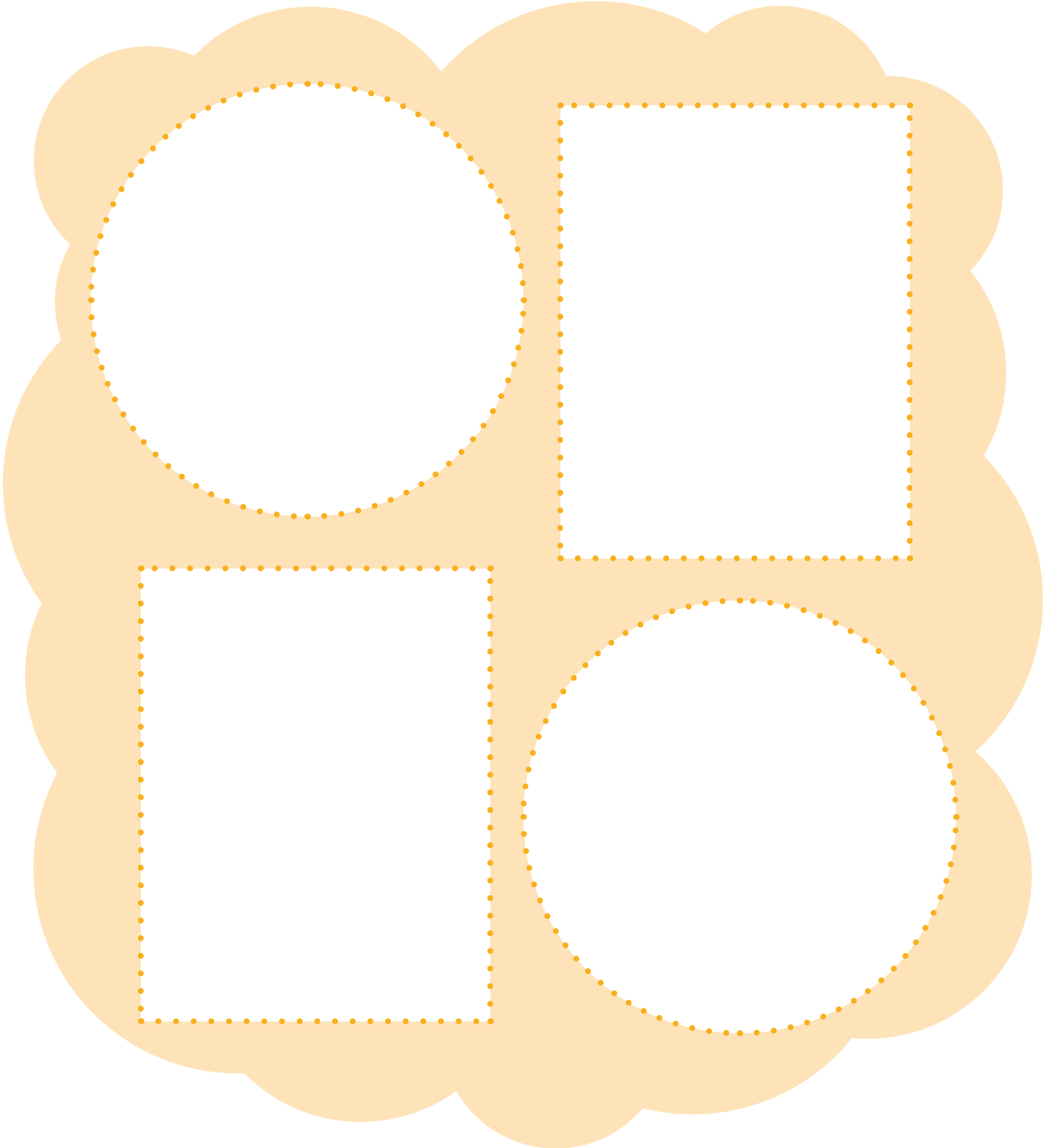


Start here and follow the body signs  
to find your way to the happy face.





Draw four things that make  
you feel *Happy*.



Sometimes they are *Rainy*.



Find all the body signal words for  
when you are *Sad*.

V D H E A D A C H E W C C O L D T U  
N E G A T I V E T H I N K I N G N N  
W Y F Y R A B M S A Y P S L O W O M  
Z C N S G I T U X L O Q P W C S A O  
H E A V Y M U S C L E S F M R Z P T  
F I G N T M O O D Y G E Y I Y P P I  
C R A B B Y U U O H L C P Y I Q E V  
S L O W B R E A T H I N G Y N G T A  
T R O U B L E S L E E P I N G T I T  
L O W E N E R G Y R D G T G R V T E  
S M T Y S T O M A C H A C H E Q E D  
T I H E A D A C H E W O T I R E D D

Find the following words in the puzzle.

COLD

CRABBY

CRYING

HEADACHE

HEAVY MUSCLES

LOW ENERGY

MOODY

NEGATIVE THINKING

NO APPETITE

SLEEPY

SLOW

SLOW BREATHING

STOMACHACHE

TIRED

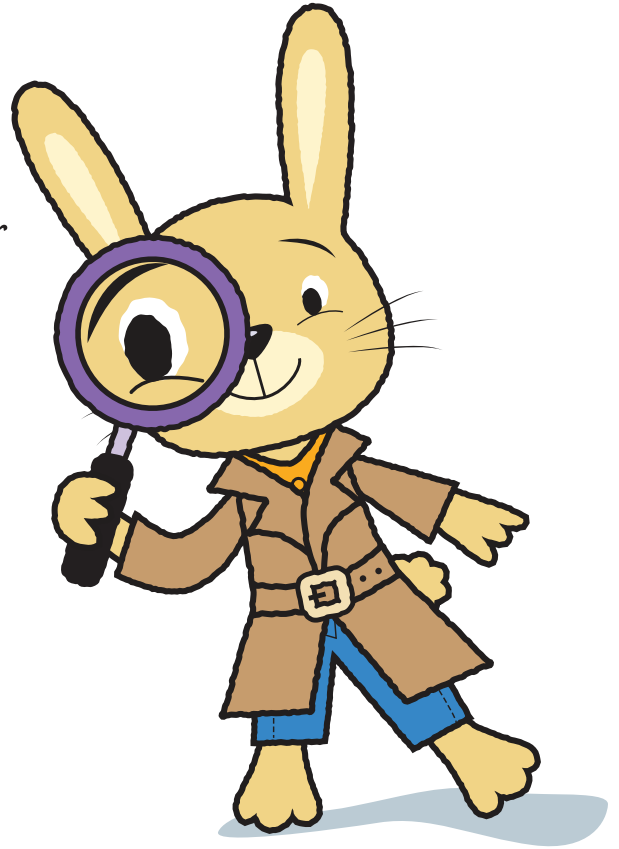
TROUBLE SLEEPING

UNMOTIVATED

I can use these tools to blow away  
the *Sad* clouds.

Decode the message to find the tools.

*Find the letter that goes with the number  
then complete the puzzles below.*



D                      B R                      A                      I  
 — — — — —      — — — — —      — — — — —      — — — — —  
 3 15 15 1      21 24 15 25 13 6 26 8 4

D R A  
 — — — — —  
 3 24 25 18

I                      A                      I                      — — — — —      A                      R I                      A  
 — — — — —      — — — — —      — — — — —      — — — — —      — — — — —      — — — — —      — — — — —  
 26 12 25 4 26 8 15      12 16      5 25 7 11 24 26 13 15      1 20 25 10 15

   R  
 — — — — —  
 10 11 20 11 24

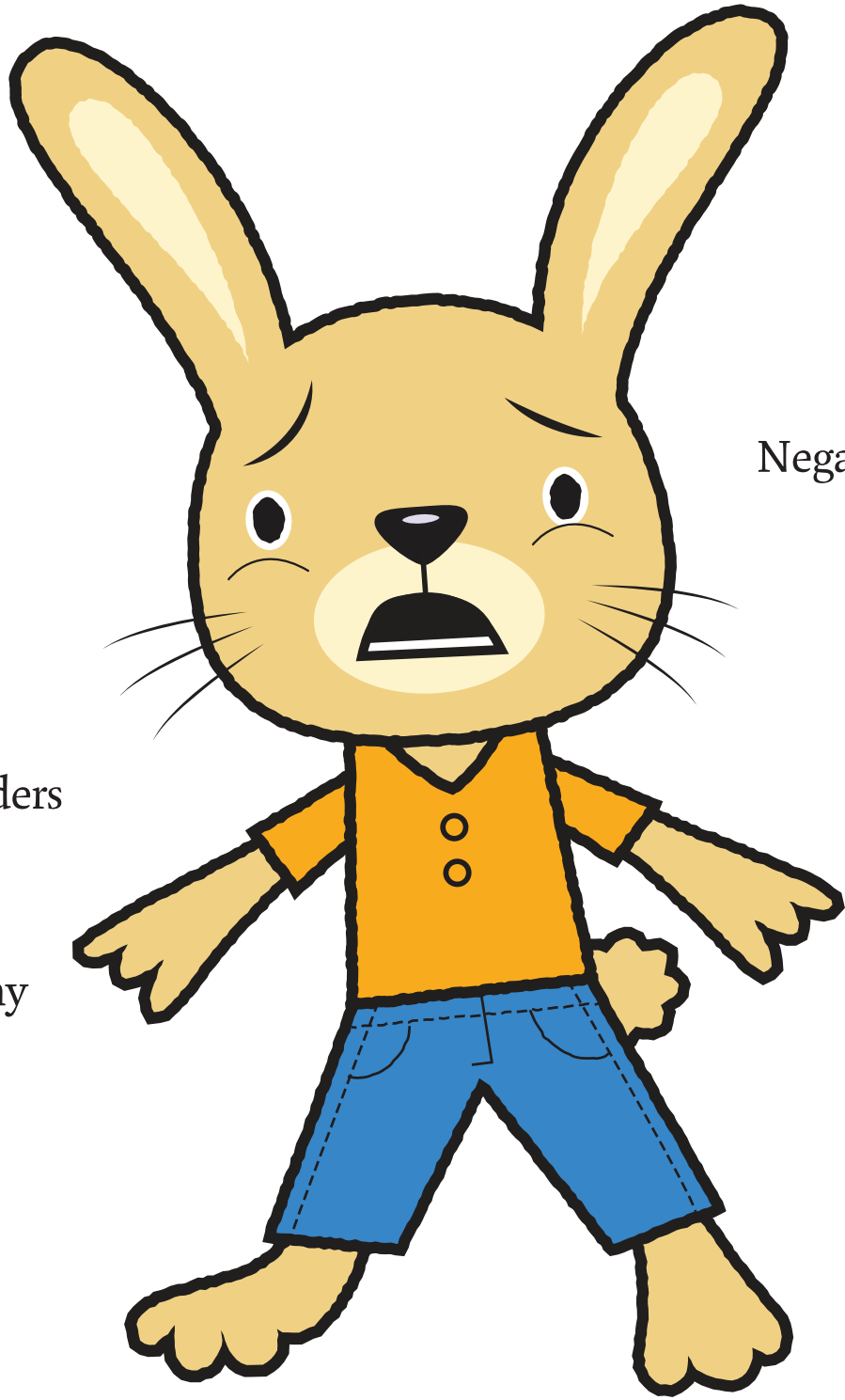
A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
25	21		3					26									24								

ANSWERS: Deep Breathing, Draw, Imagine My Favorite Place, Color

Sometimes they are *Stormy*.



Match the words to the body signals  
for *Worried* or *Scared*.



Headache

Racing  
Heartbeat

Tense Shoulders

Upset Tummy

Fidgety Feet

Negative Thoughts

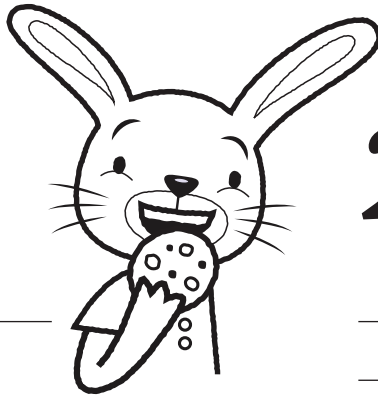
Crying

Shaky Voice

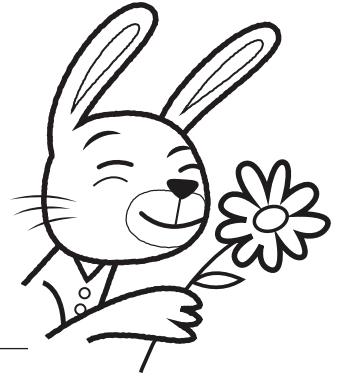
Sweaty Hands

When things get *Stormy*  
I can ground myself by naming...

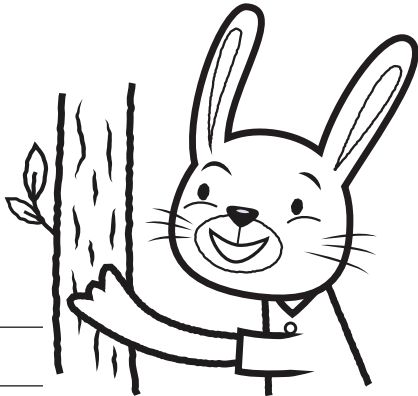
**1** Thing I  
Can Taste



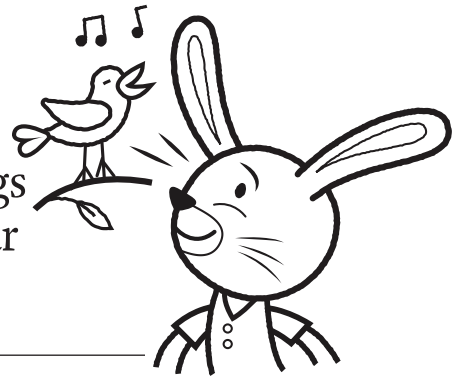
**2** Things I  
Can Smell



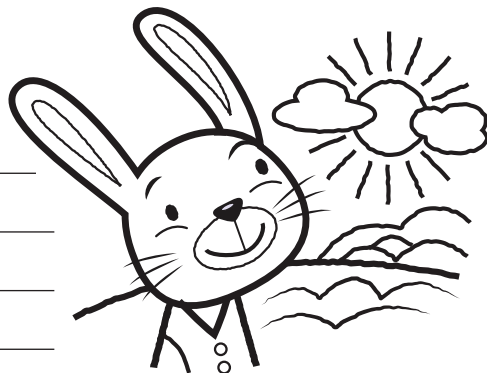
**3** Things I  
Can Touch



**4** Things  
I Hear



**5** Things I See



Sometimes I am so *Mad* it feels like a volcano about to blow.





But I can tell that this is going to happen  
by listening to my body ...

Draw a line from the emotions to the body signals.  
(It can be more than one.)



I am so *mad* that I scream, throw things, or hurt myself or others.

- > Can't Listen
- > Shaking



I am *angry* and say and do things without thinking I might hurt other people's feelings.

- > Feeling Hot
- > Squinty Eyes
- > Racing Heartbeat



I am *annoyed* or frustrated and might not want to talk to other people.

- > Tight Lips
- > Upset Stomach
- > Tight Muscles



I am kind of *irritated*, but I can handle it.

- > Smiling
- > Quiet



I am *happy* and comfortable.

- > Negative Thoughts
- > Relaxed

What can you do when you are  
*Annoyed, Angry* or *Mad*?

Draw a line from the feeling to a coping skill you can use to help.  
(It can be more than one.)



*Annoyed*



*Angry*



*Mad*

Rip Paper

Do Wall  
Pushups

Squeeze A  
Stress Ball

Squish  
Playdough

Do Jumping  
Jacks

Count Up to 20  
and Down to 1

Touch Your Toes  
and Let Your  
Head Hang

Talk To A  
Trusted  
Friend

Put Your Palms  
Together and Push  
Hard Then Let Go

When my friend is *Sad*

I help them by ...



Offering them a hug.

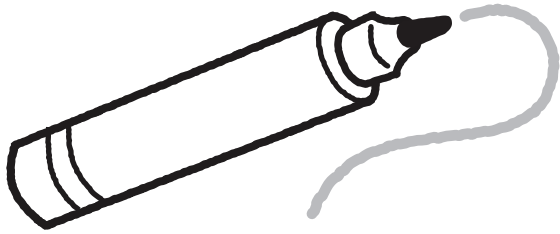
Telling them a joke to make them laugh.

Inviting them to play.

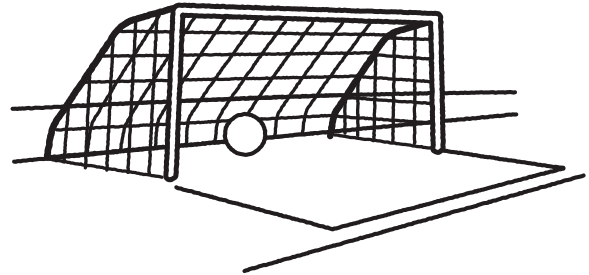
Listening to them.

Asking if they need anything.

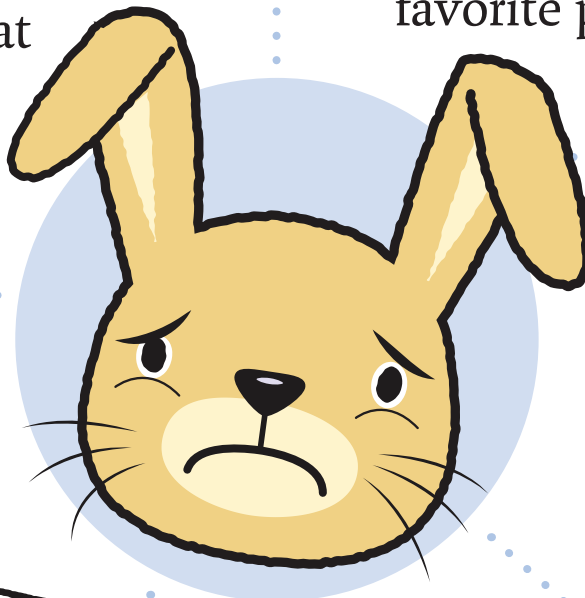
When I feel *Lonely* or *Sad*  
I need ...



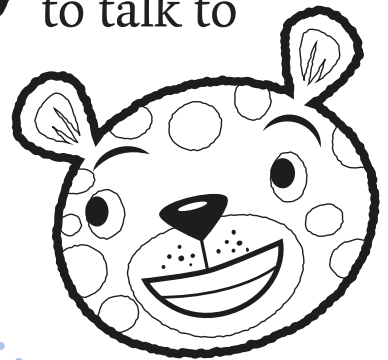
Draw or color  
something that  
makes  
me happy



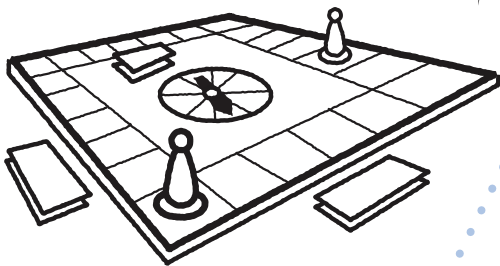
To think of my  
favorite place



Someone  
to talk to



To play a  
game with  
a friend



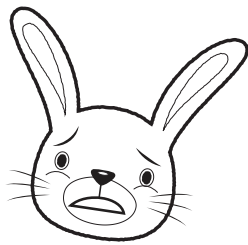
A hug from  
someone  
I love



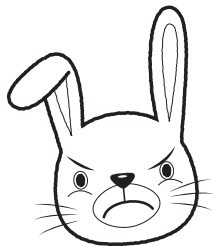
Choose the coping skills that you can use for each feeling and write them in the box next to each feeling.

When I Am Feeling

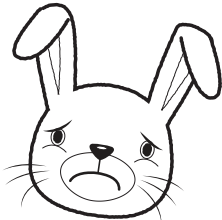
I Can



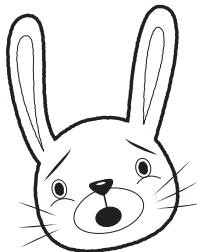
*Worried*



*Mad*



*Sad*



*Scared*

Tighten and Release Shoulders

Do 10 Jumping Jacks

Count Up to 20 and Down to 1

Do 5 Wall Pushups

Draw A Picture

Color A Picture

Do Arm Stretches

Listen To Music

Talk To A Friend

Journal My Thoughts

Use Grounding Skills

Lay Down Quietly

Do Yoga

Positive Self Talk

Do A Body Scan

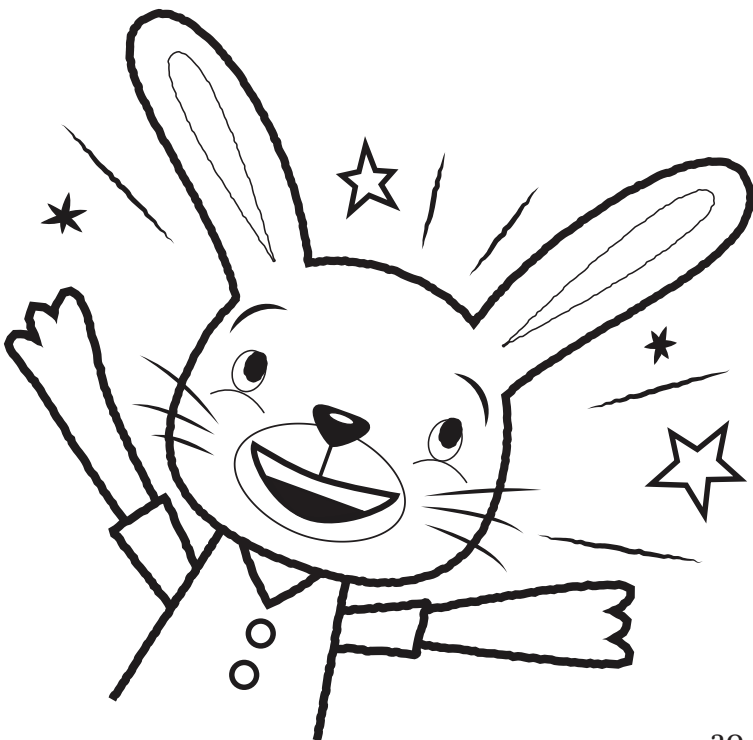
An affirmation is something we say to ourselves to make us feel better. Color in the affirmations to remind yourself of things you can say to help you.



I am enough.



Today I am  
going to shine!



\* \*  
I can make  
a difference. \*

\*  
I believe  
in myself. \*

\*  
I am smart  
and strong. \*



I forgive myself  
for mistakes.



I control  
my choices.



I am calm  
and relaxed.







My challenges  
help me grow.



I can do  
hard things.



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