My Friend & Me

3rd–5th
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?

<table>
<thead>
<tr>
<th>A Place</th>
<th>Animal</th>
<th>A Person</th>
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<tbody>
<tr>
<td>DRAW YOUR FAVORITE</td>
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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
\textit{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 MOODY SLOW BREATHING
CRABBY NEGATIVE THINKING STOMACHACHE
CRYING NO APPETITE TIRED
HEADACHE SLEEPY TROUBLE SLEEPING
HEAVY MUSCLES SLOW UNMOTIVATED
LOW ENERGY
I can use these tools to blow away the *Sad* clouds.

Decide the message to find the tools.

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

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|   |   |   |   |   |
|---|---|---|---|
| R | A |   |   |
| 24| 25|   |   |

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|---|---|---|---|
| R |   |   |   |
| 10| 11| 20| 11 |

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**
- Rip Paper
- Squish Playdough
- Touch Your Toes and Let Your Head Hang

**Angry**
- Do Wall Pushups
- Do Jumping Jacks
- Talk To A Trusted Friend

**Mad**
- Squeeze A Stress Ball
- Count Up to 20 and Down to 1
- 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
- To play a game with a friend
- Someone to talk to
- 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.

<table>
<thead>
<tr>
<th>When I Am Feeling</th>
<th>I Can</th>
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<tbody>
<tr>
<td>Worried</td>
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<tr>
<td>Mad</td>
<td></td>
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<tr>
<td>Sad</td>
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<tr>
<td>Scared</td>
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- 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.