

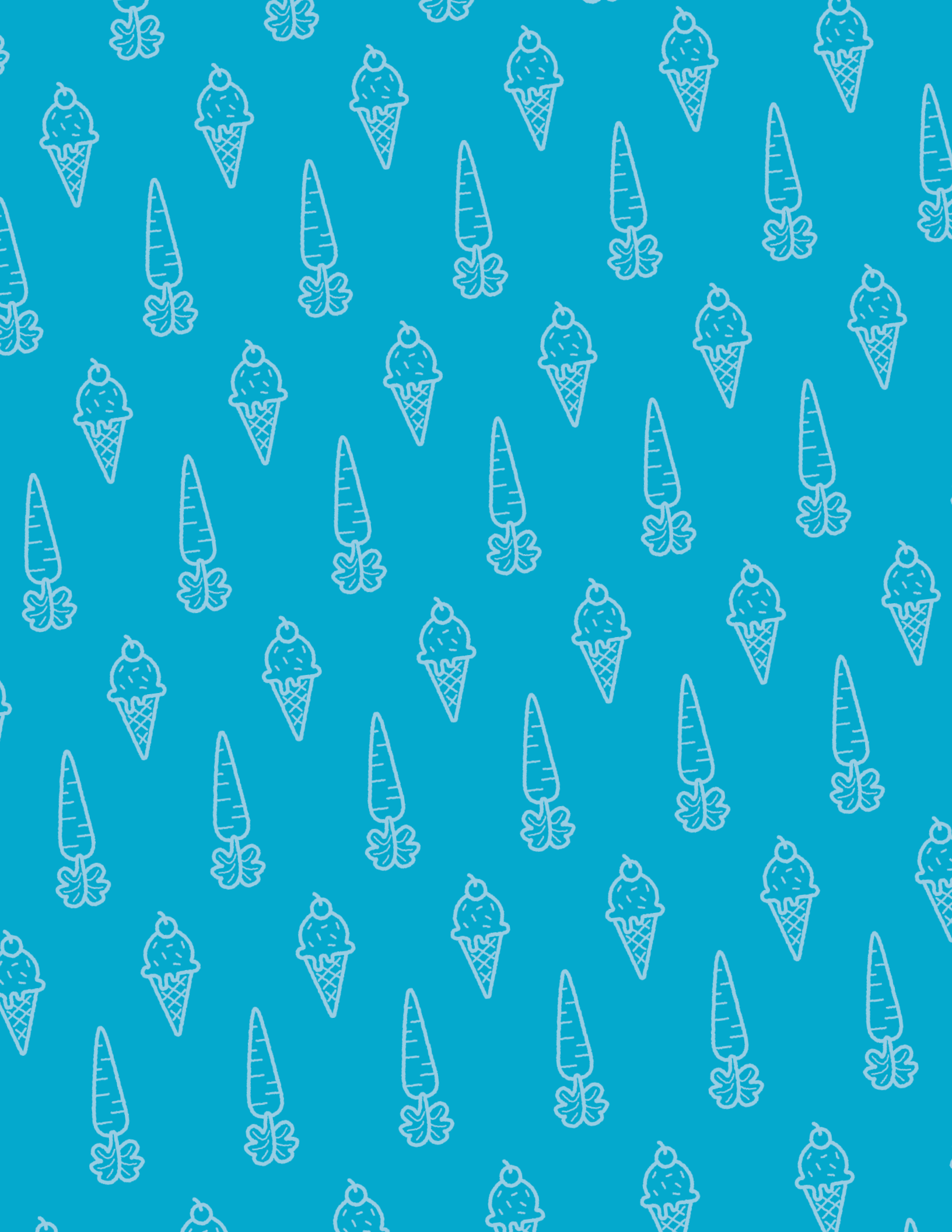
# *My Friend*

K-2<sup>nd</sup>

*&  
Me*



NASMHPD

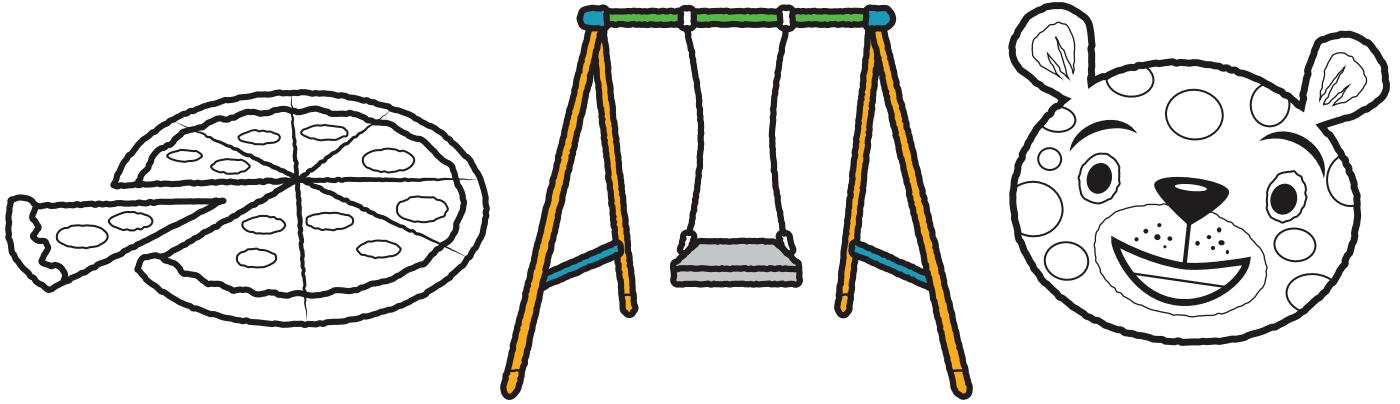


*hello!*



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

Food

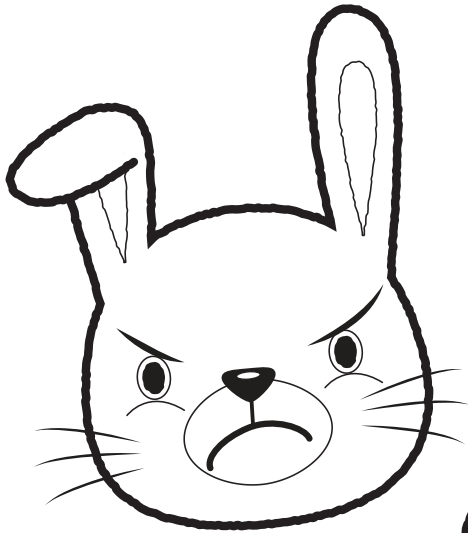
A Person

DRAW YOUR FAVORITE

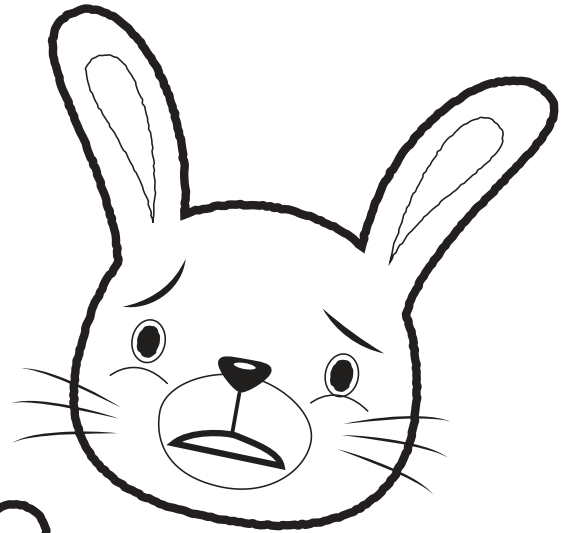
DRAW YOUR FAVORITE

DRAW YOUR FAVORITE

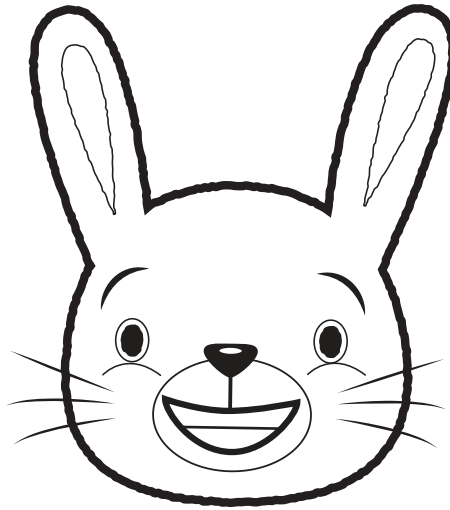
I have so many *Feelings*.  
What color is your feeling?



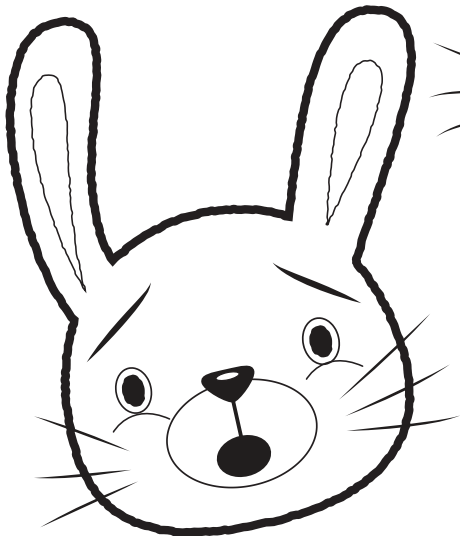
*mad*



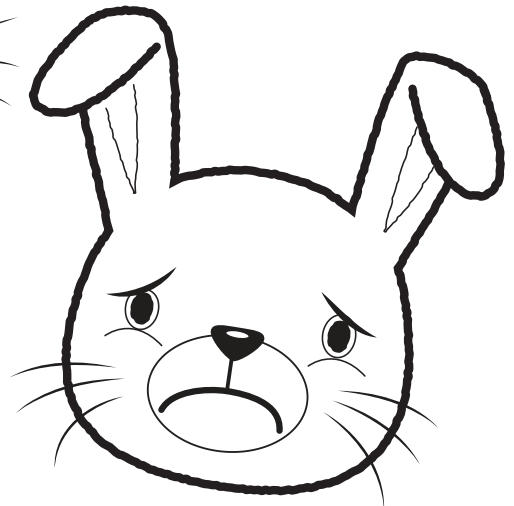
*worried*



*happy*

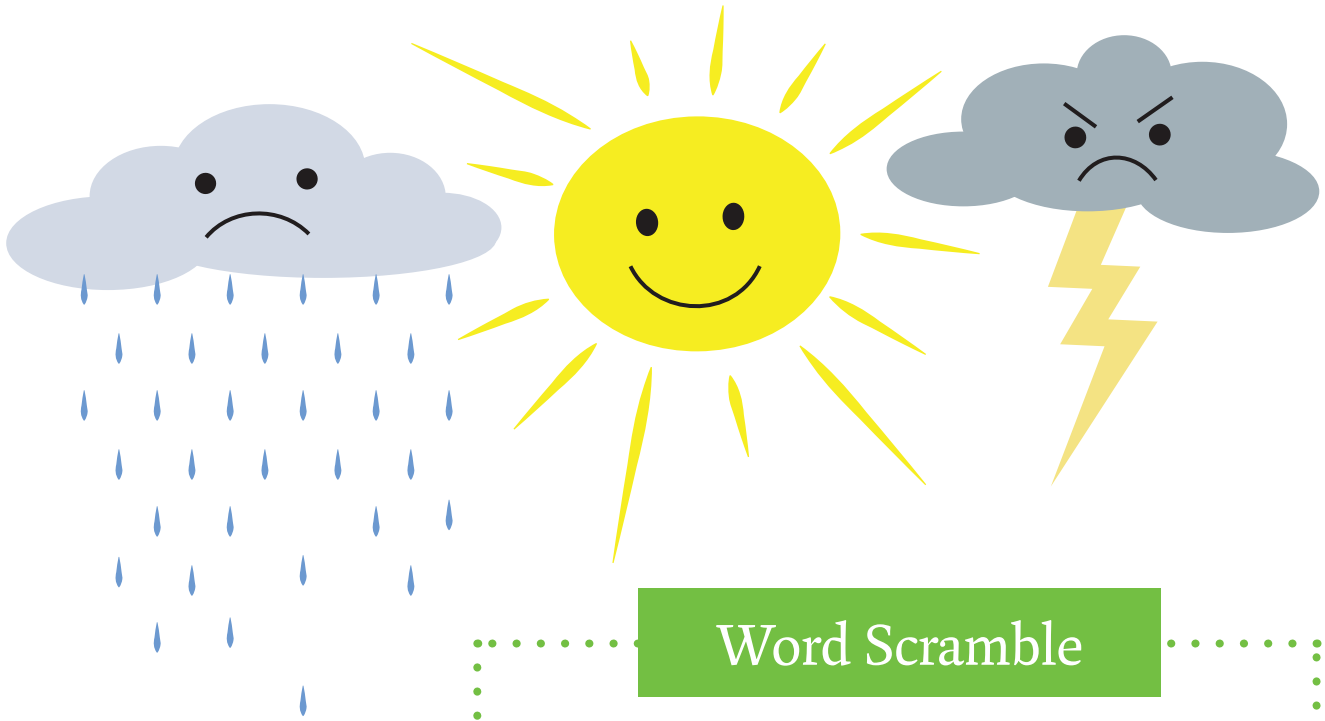


*scared*



*sad*

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



## Word Scramble

Unscramble the words.

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

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

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

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

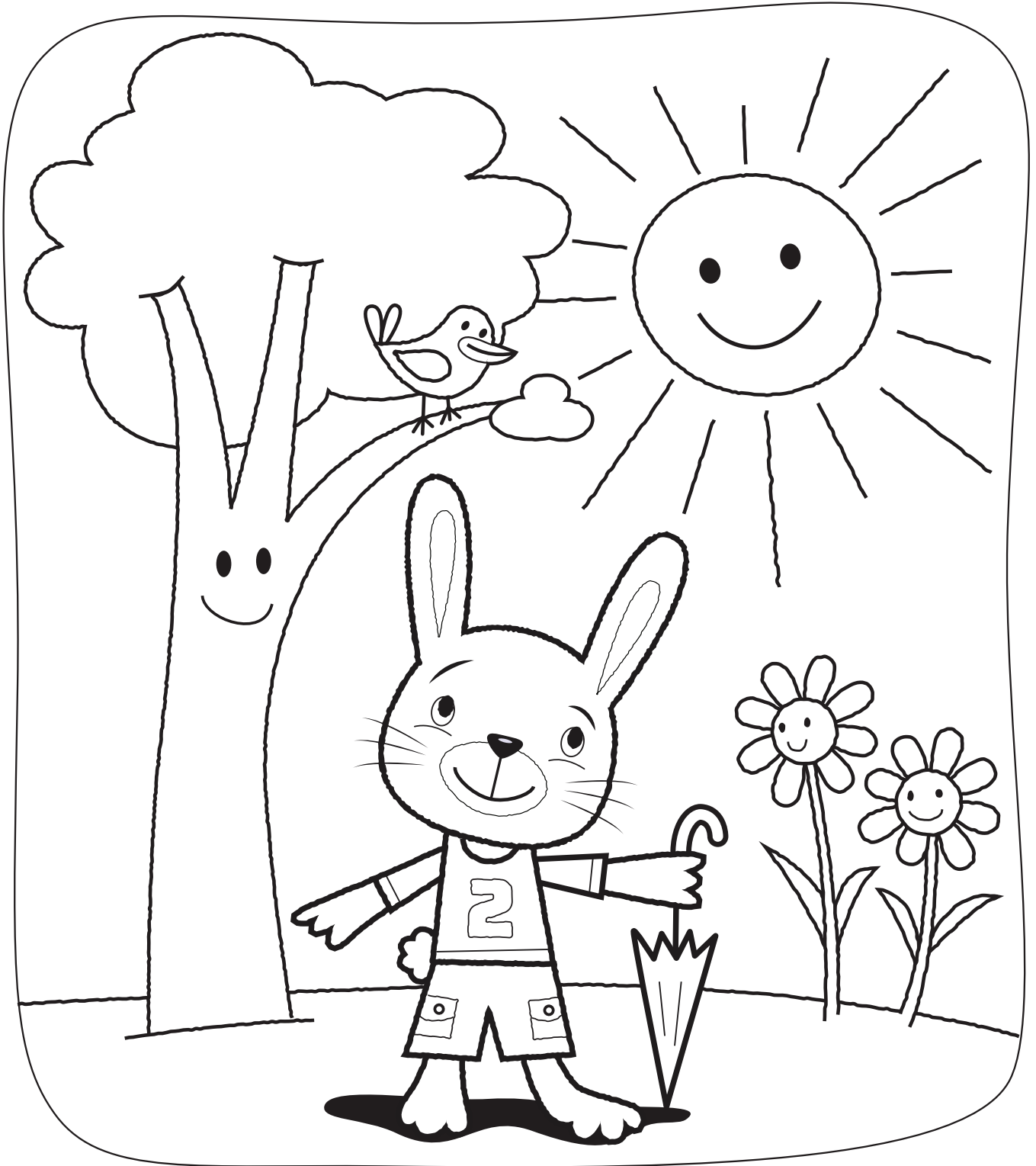
5. Srdcea \_\_\_\_\_

ANSWERS:

Happy · Sad · Angry · Worried · Scared



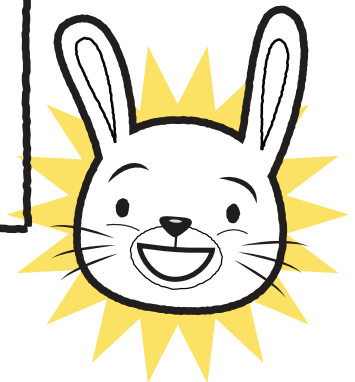
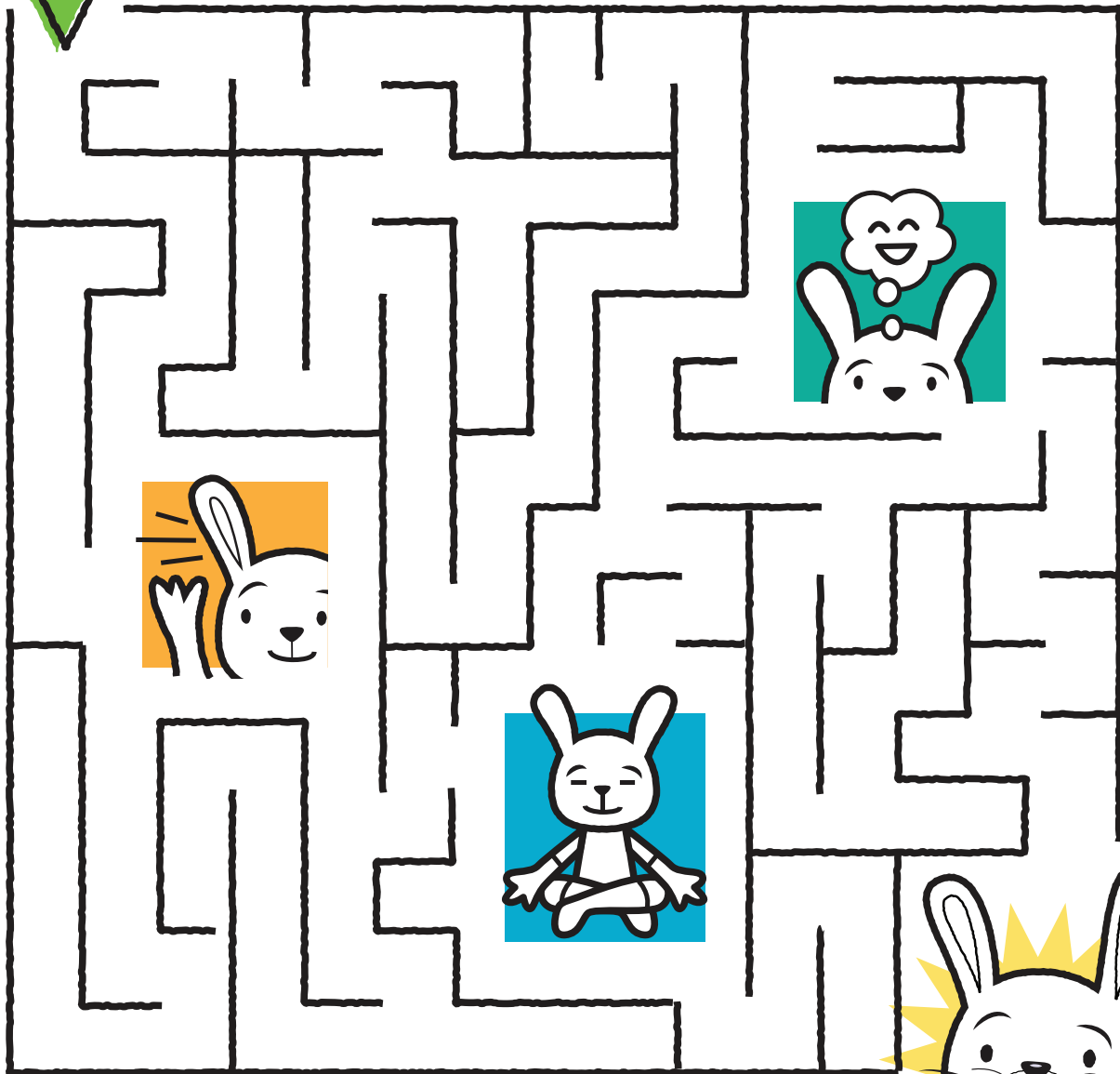
Sometimes they are *Sunny*.



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

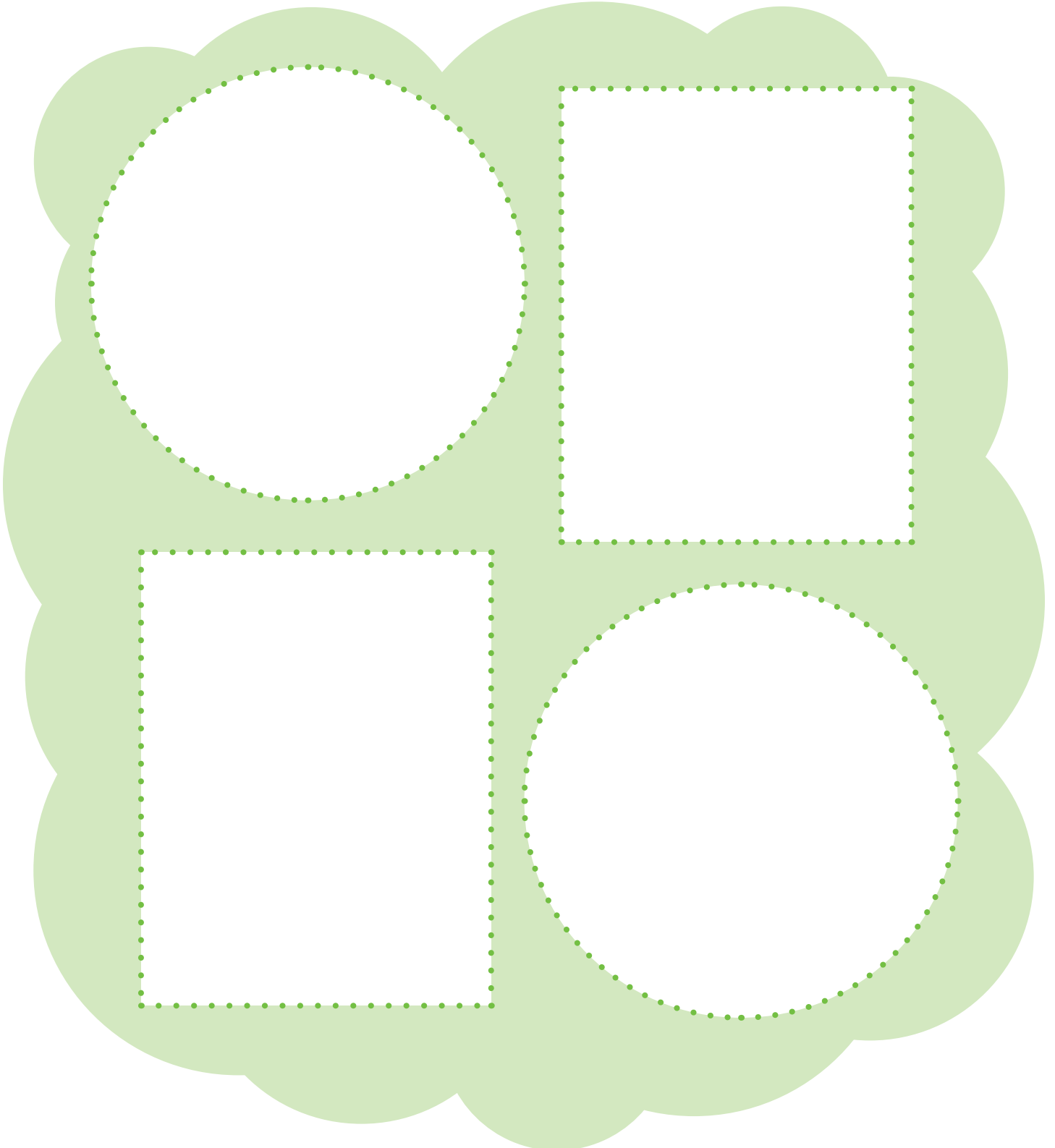


Start here and follow the body signs  
to find your way to the happy face.





Draw four things that make  
you feel *Happy*.



Sometimes they are *Rainy*.



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

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

Find the following words in the puzzle.

The words are hidden horizontally.

COLD

MOODY

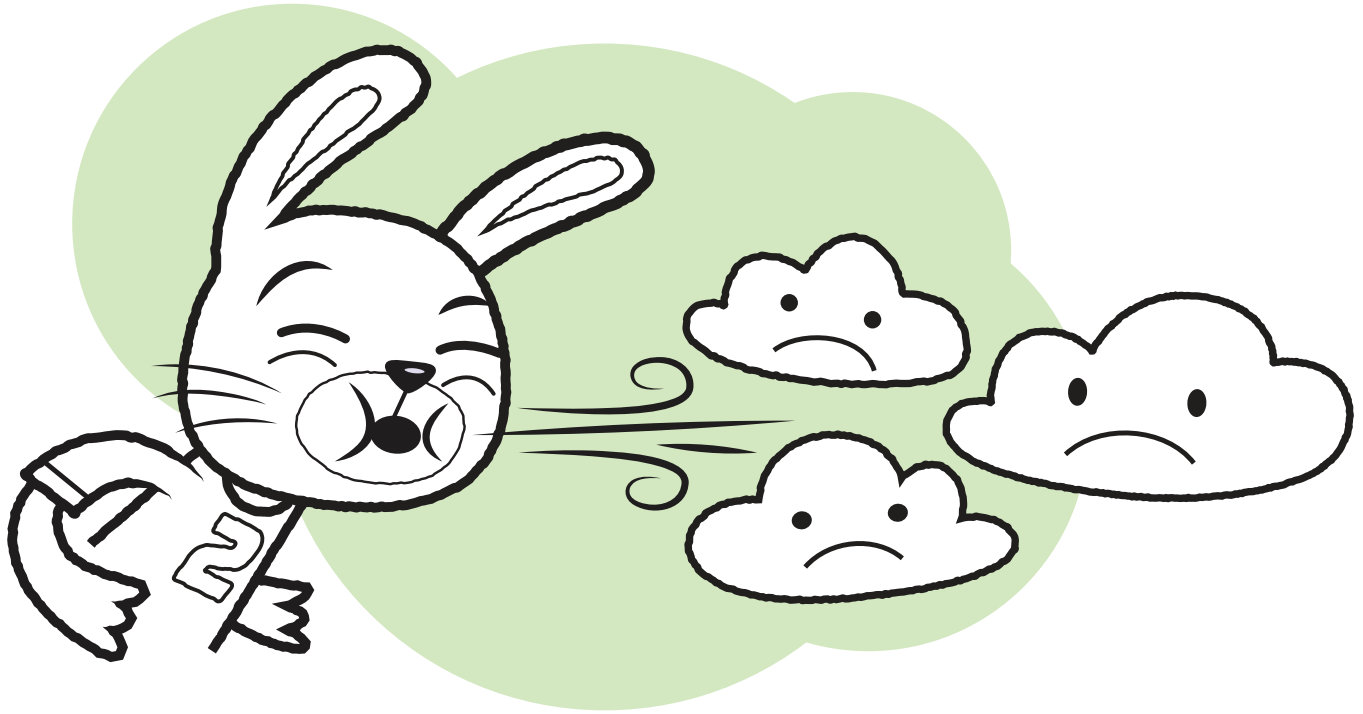
TIRED

LOW ENERGY

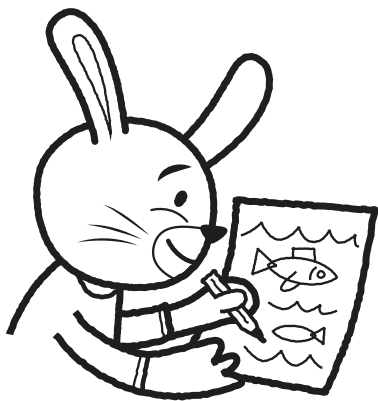
SLOW

TUMMY HURTS

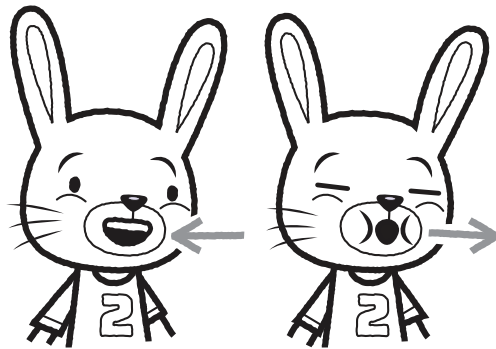
I can use these tools to blow away  
the *Sad* clouds.



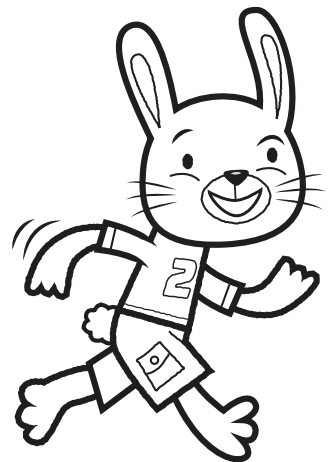
Coloring



Breathing



Take A Walk



Sometimes they are *Stormy*.



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

Headache

Racing  
Heartbeat

Tense Shoulders

Upset Tummy

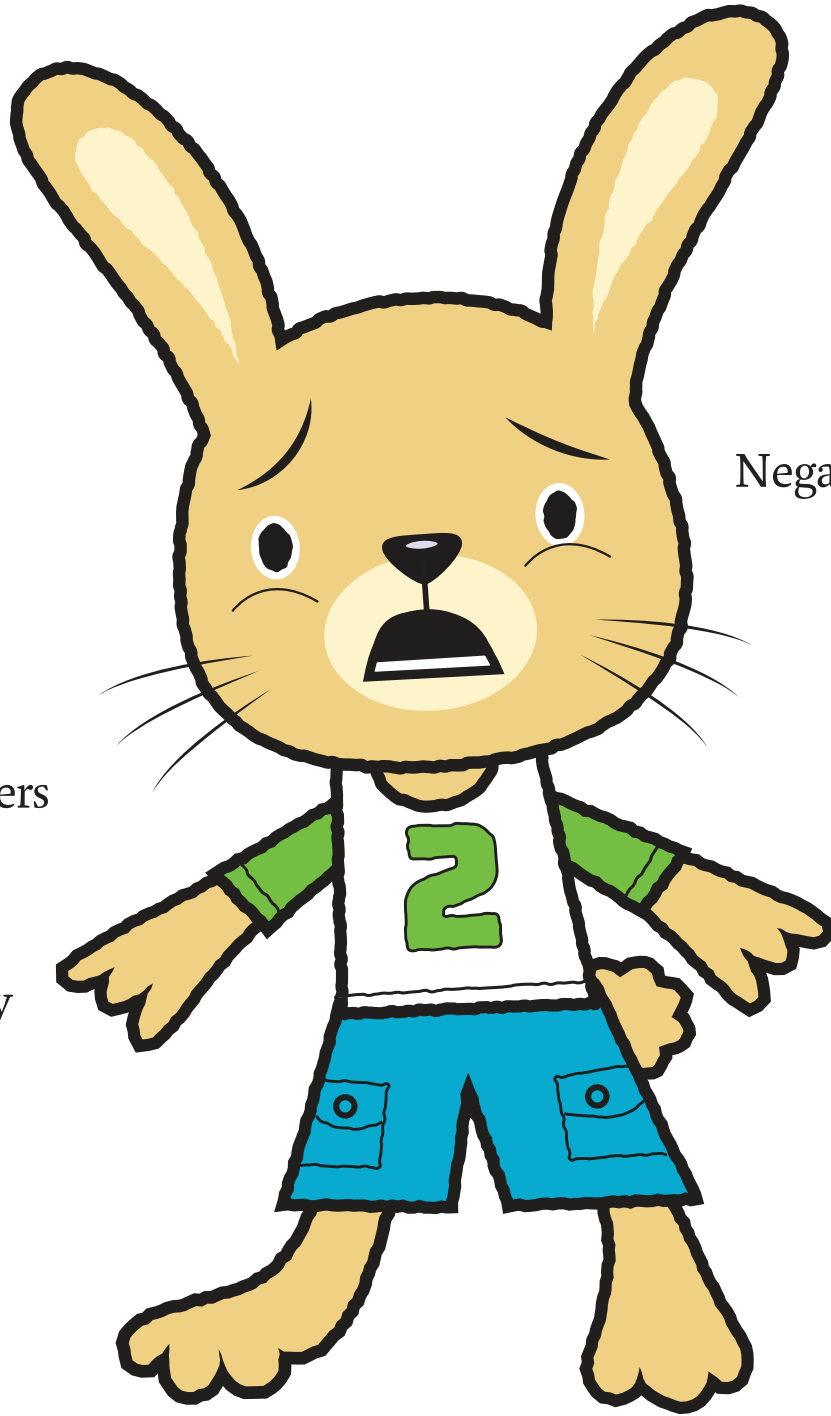
Fidgety Feet

Negative Thoughts

Crying

Shaky Voice

Sweaty Hands



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

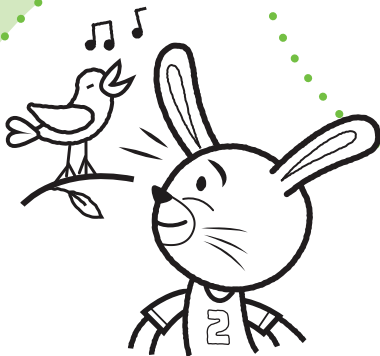
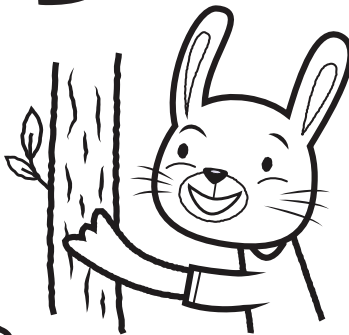
**1** Thing I  
Can Taste



**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

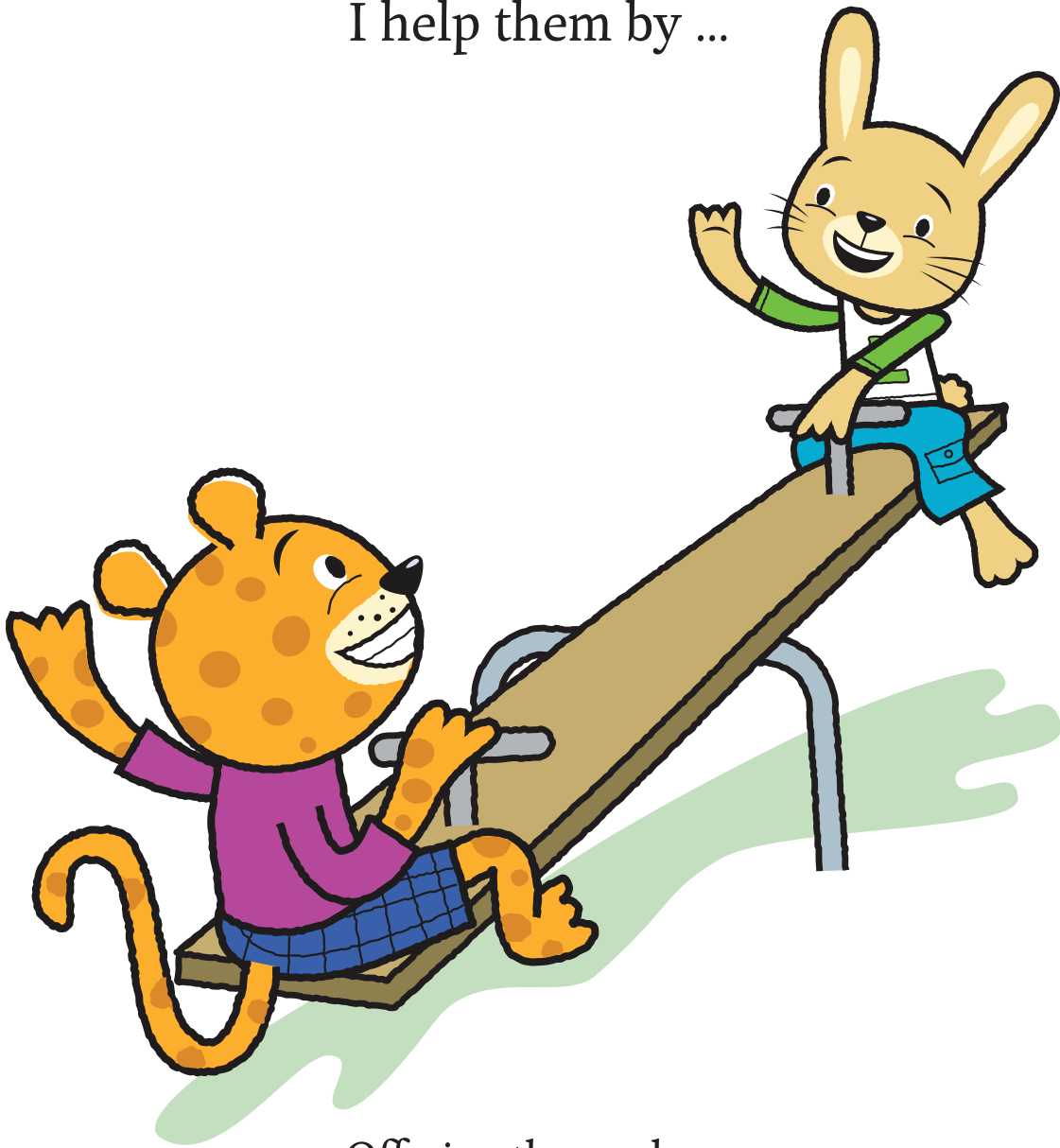
Touch Your Toes  
and Let Your  
Head Hang

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.

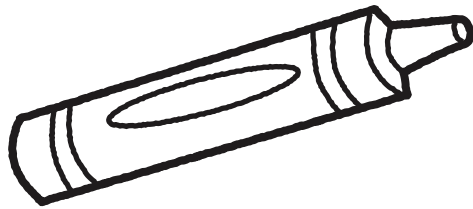
Telling them a joke to make them laugh.

Inviting them to play.

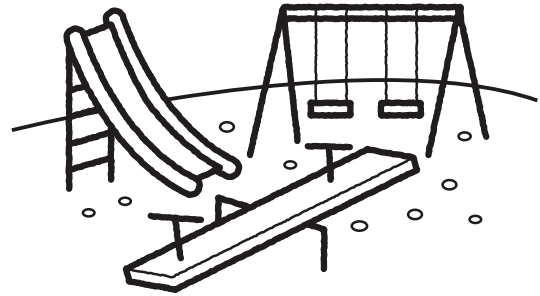
Listening to them.

Asking if they need anything.

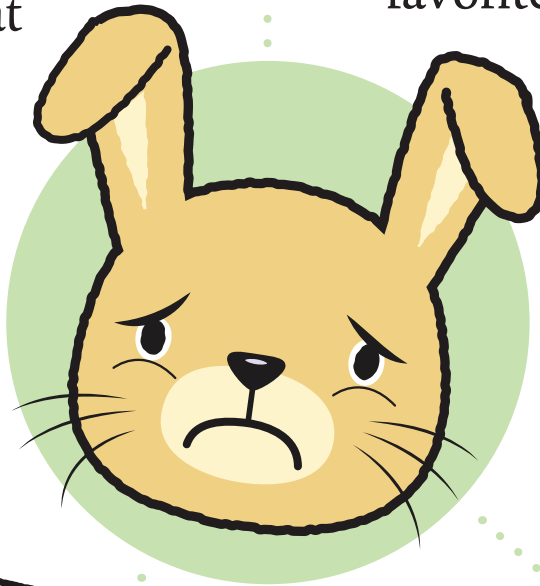
When I feel *Lonely* or *Sad*  
I need ...



Draw or color  
something that  
makes  
me happy



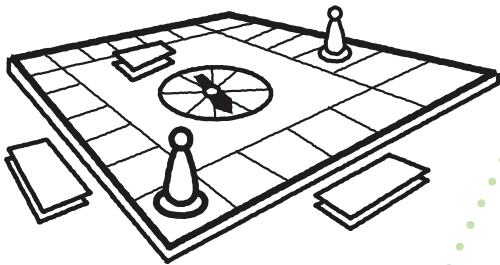
To think of my  
favorite place



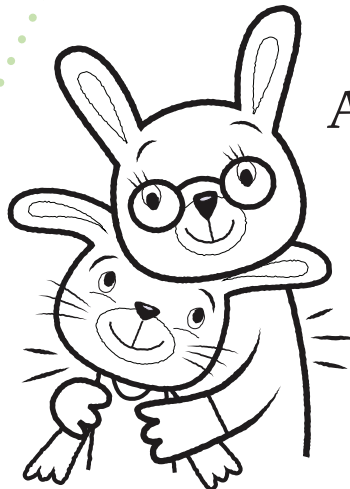
Someone  
to talk to



To play a  
game with  
a friend



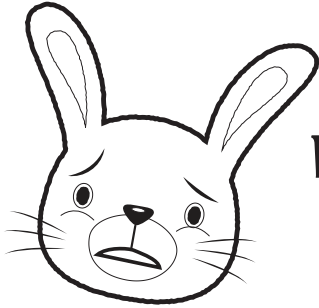
A hug from  
someone  
I love



Check the ones you will use.

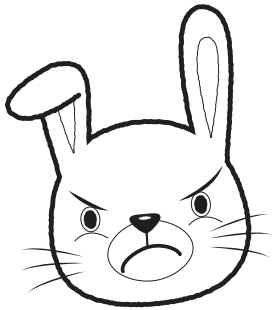
When I Am Feeling

I Can



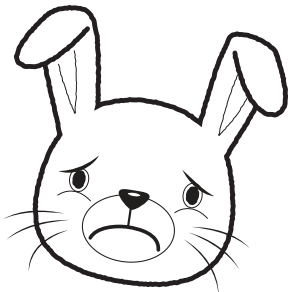
*Worried*

- Color a picture.
- Use my 5 senses to ground myself.
- Do deep breathing.



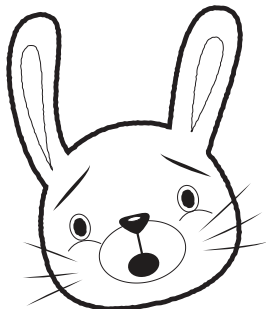
*Mad*

- Take a walk.
- Do deep breathing.
- Draw my feelings.



*Sad*

- Do 10 jumping jacks.
- Talk to a friend.
- Think of my favorite place.



*Scared*

- Use my 5 senses to ground myself.
- Do deep breathing.
- Positive self talk.

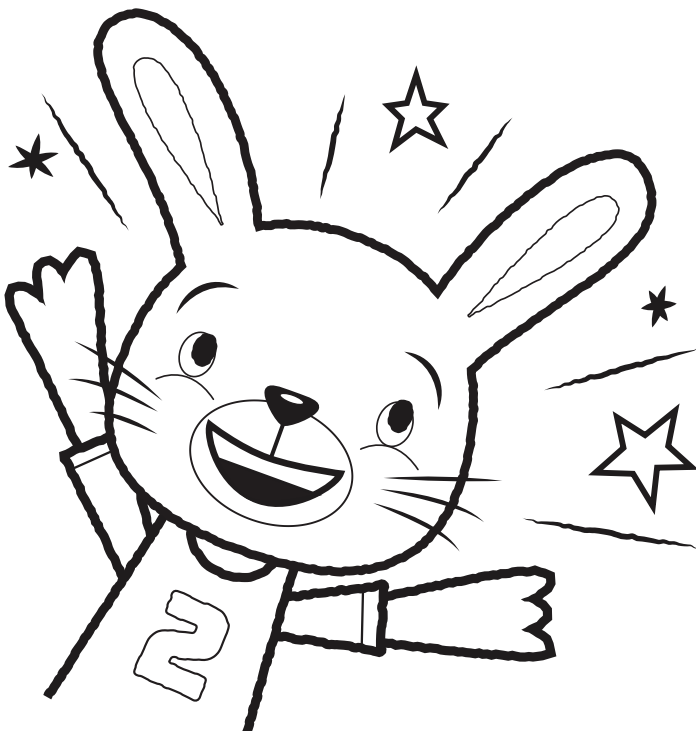
An affirmation is something we say to ourselves to make us feel better. Color in the affirmations to remind yourself of things you can say to help you.





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.



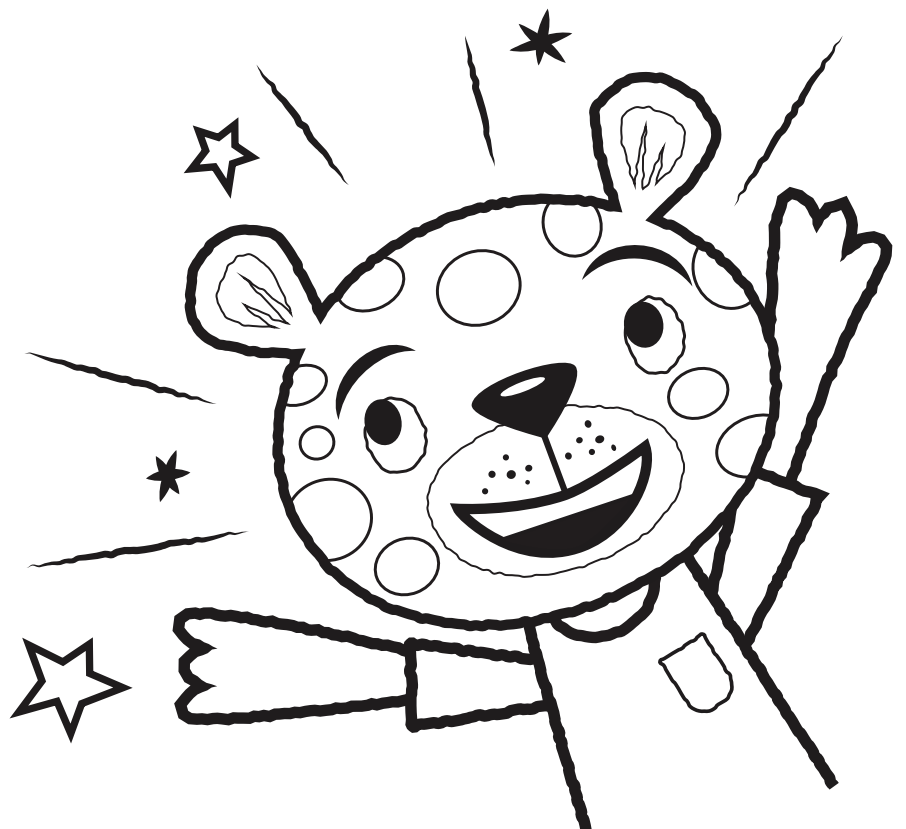




My challenges  
help me grow.



I can do  
hard things.



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