My Friend & Me

K–2nd

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 \textit{Happy}. 
Sometimes they are *Rainy*.
Find all the body signal words for when you are Sad.

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 ...

I am so mad that I scream, throw things, or hurt myself or others. ➔ Can’t Listen

I am angry and say and do things without thinking I might hurt other people’s feelings. ➔ Shaking

I am annoyed or frustrated and might not want to talk to other people. ➔ Feeling Hot

I am kind of irritated, but I can handle it. ➔ Squinty Eyes

I am happy and comfortable. ➔ Racing Heartbeat

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

<table>
<thead>
<tr>
<th>Annoyed</th>
<th>Angry</th>
<th>Mad</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rip Paper</td>
<td>Do Wall Pushups</td>
<td>Squeeze A Stress Ball</td>
</tr>
<tr>
<td>Squish Playdough</td>
<td>Do Jumping Jacks</td>
<td>Count Up to 20 and Down to 1</td>
</tr>
<tr>
<td>Touch Your Toes and Let Your Head Hang</td>
<td>Talk To A Trusted Friend</td>
<td>Put Your Palms Together and Push Hard Then Let Go</td>
</tr>
</tbody>
</table>
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 play a game with a friend
- To think of my favorite place
- Someone to talk to
- A hug from someone I love
Check the ones you will use.

<table>
<thead>
<tr>
<th>When I Am Feeling</th>
<th>I Can</th>
</tr>
</thead>
<tbody>
<tr>
<td>Worried</td>
<td>o Color a picture.</td>
</tr>
<tr>
<td></td>
<td>o Use my 5 senses to ground myself.</td>
</tr>
<tr>
<td></td>
<td>o Do deep breathing.</td>
</tr>
<tr>
<td>Mad</td>
<td>o Take a walk.</td>
</tr>
<tr>
<td></td>
<td>o Do deep breathing.</td>
</tr>
<tr>
<td></td>
<td>o Draw my feelings.</td>
</tr>
<tr>
<td>Sad</td>
<td>o Do 10 jumping jacks.</td>
</tr>
<tr>
<td></td>
<td>o Talk to a friend.</td>
</tr>
<tr>
<td></td>
<td>o Think of my favorite place.</td>
</tr>
<tr>
<td>Scared</td>
<td>o Use my 5 senses to ground myself.</td>
</tr>
<tr>
<td></td>
<td>o Do deep breathing.</td>
</tr>
<tr>
<td></td>
<td>o Positive self talk.</td>
</tr>
</tbody>
</table>
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.