My Friend & Me
hello!

I’m Bing the bunny.
Let’s get to know each other.
These are a few of my **Favorite Things**.
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.

*happy*

*scared*

*sad*
Sometimes they are Sunny.
I feel Happy when …
My body feels *Happy*. 

I Can Listen

Happy Thoughts

Smile

Calm Body

Cool Body
Sometimes they are *Rainy*.
I feel *Sad* when ...
My body feels *Sad*.
When I am Sad I can ...

- Take A Walk
- Play A Game
- Think Of My Favorite Place
- Do A Silly Dance

DRAW YOUR FAVORITE

DRAW YOUR FAVORITE
Sometimes they are *Stormy*. 
I feel Scared or Worried when ...
My body feels **Worried** or **Scared**.

- Scary Thoughts
- Fast Heartbeat
- Upset Tummy
- Fidgety Feet
- Shaky Voice
- Crying

---

14
When I am **scared** I can ...

- Sit With A Friend
- Play With A Toy
- Draw My Favorite Place
- Curl Up With A Blanket
When I am *Mad* it feels like a volcano about to blow.
I feel Mad when ...
My body feels *Mad*.
When I am Mad I can ...

- Squeeze And Let Go Of My Arms
- Draw My Feelings
- Take A Break Or Walk
- Do Five Finger Breathing
How to do five finger breathing.
Start at the bottom of your thumb and trace your thumb up to the top while breathing in slowly through your nose and counting to 5.

1 2 3 4 5

Then trace down the other side of your thumb while blowing out slowly through your mouth and counting to 5.

1 2 3 4 5

Keep doing this up and down each finger until you get to the bottom of your pinky!

1 2 3 4 5
When my friend is *Sad*
I help them by ...
When I feel **Lonely** or **Sad**

I need …

- To 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
I am *Calm* and *Relaxed*. 
I can do hard things.
I am enough.
I am *Smart* and *Strong*.
Let’s connect the dots.