

MY MIND AND BODY

My special word when I feel calm, cozy, and safe is:

Here's my drawing of it:



My special word when I feel BIG emotions is:

Here's my drawing of it:



My special word when I feel sad, lonely, or slow is:

Here's my drawing of it:



MY REACTIONS

Things that make me feel like a:



Things that send my body into:



Things that send my body into:



MY STRATEGIES



These are ways I can
get back to:

when I'm a:

A large, empty rectangular box with a yellow border, intended for writing strategies.

These are ways I can
get back to:

when I'm a:

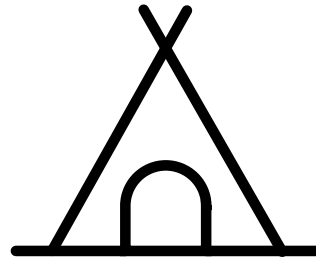
A second large, empty rectangular box with a yellow border, intended for writing strategies.

MY MIND AND BODY

My special word when I feel calm, cozy, and safe is:

HAPPY CAMPER

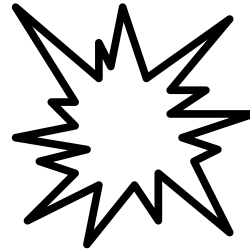
Here's my drawing of it:



My special word when I feel BIG emotions is:

EXPLOSION

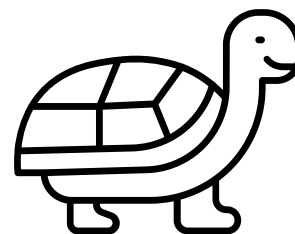
Here's my drawing of it:



My special word when I feel sad, lonely, or slow is:

TURTLE

Here's my drawing of it:



MY REACTIONS

Things that make me
feel like a:

HAPPY
CAMPER



Eating ice cream

Weekends

Making cookies with Mom

Things that send my
body into:

EXPLOSION



When too many kids are on
the slide at school

When I have a babysitter

When my tummy aches

Things that send my
body into:

TURTLE



When my friends call me names

When I have to go to time out

When my hamster died

MY STRATEGIES



These are ways I can
get back to: **HAPPY
CAMPER**

when I'm a:
EXPLOSION

Lie down

Read a story

Blow the petals off a
flower

These are ways I can
get back to: **HAPPY
CAMPER**

when I'm a:
TURTLE

Ask mommy to sit with me

Draw a picture of my
hamster

Find someone to talk to