

SOCIAL EMOTIONAL STRATEGIES



CALM

When I feel

calm

I can...

- 1 Hang out with a friend
- 1 Encourage a friend
- 1 Cozy up & relax



SAD

When I feel

sad

I can...

- 1 Talk to somebody
- 1 Play a game, read a book, make art!
- 1 Snuggle with a pet



CONFIDENT

When I feel confident I can...

- 1 Explore, learn, be curious
- 1 Challenge myself; try something new
- 1 Stay positive



ANGRY

When I feel

angry

I can...

- 1 Count to 10, take deep breaths!
- 1 Walk, run, stomp my feet
- 1 Talk to somebody



EXCITED

When I feel

excited

I can...

- 1 Jump for joy
- 1 Run, skip & do a happy dance
- 1 Smile big!



SCARED

When I feel scared I can...

- 1 Take deep breaths
- 1 Think of a happy place
- 1 Talk to somebody



WORRIED

When I feel

worried

I can...

- 1 Talk to my parents or another adult
- 1 Hug somebody
- 1 Cozy up under a blanket



EMBARRASSED

When I feel

embarrassed

I can...

- 1 Laugh it off
- 1 Learn from my mistakes
- 1 Try not to dwell

I FEEL CALM

I Can...

- Hang out with a friend
- Encourage a friend
- Cozy up & relax



I FEEL angry



I Can...

- Count to 10, take deep breaths!
- Walk, run, stomp my feet
- Talk to somebody

I FEEL WORRIED



I Can...

- Talk to my parents or a trusted adult.
- Hug somebody
- Cozy up under a blanket

I FEEL CONFIDENT



I Can...

- Explore, learn, be adventurous
- Challenge myself; try something new
- Stay positive

I FEEL SAD



I Can...

- Talk to somebody
- Play a game,
read a book, make
art!
- Snuggle with a pet

I FEEL excited



I Can...

- Jump for joy
- Run, skip & do a happy dance
- Smile big & share my good news

I feel embarrassed



I can...

- Laugh it off
- Learn from my mistakes
- Try not to dwell on it

I FEEL SCARED



I Can...

- Take deep breaths
- Think of a happy place
- Talk to somebody