

Emotions cards



sad



destroyed property



saying sorry



going to the quiet spot

I was feeling.....

Because I felt this way I

I can make the situation better by

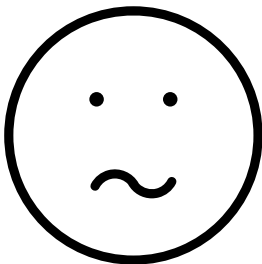
The next time I feel this way I can



angry



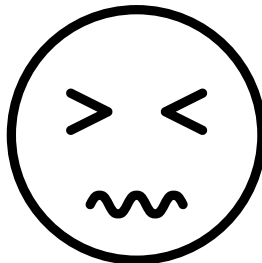
sad



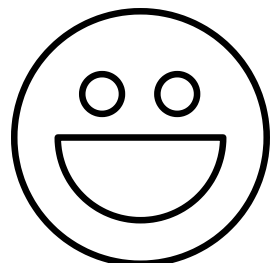
confused



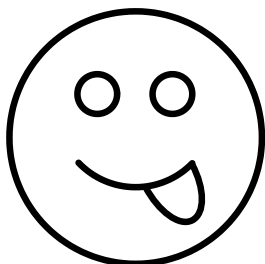
scared



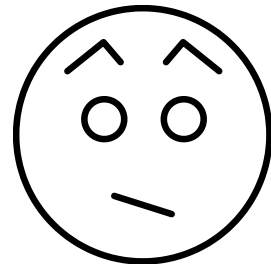
frustrated



excited



silly



lost



said bad words



shouted



destroyed property



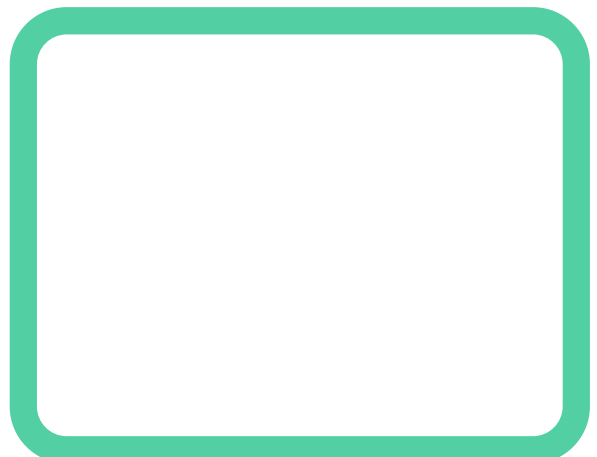
ran away



left the classroom



got in a fight

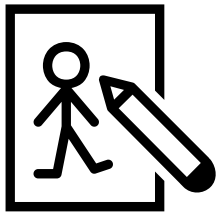




saying sorry



writing a letter



drawing a picture



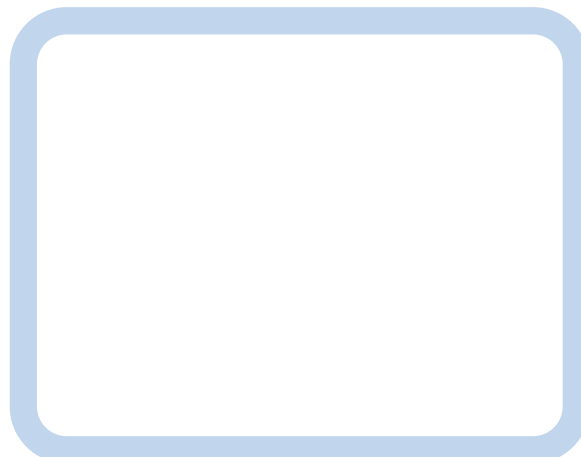
tidying up



doing something nice



doing my work





walking away



meditating



asking for help



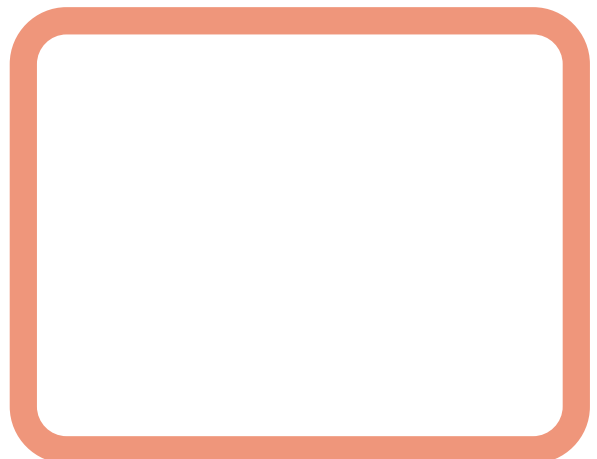
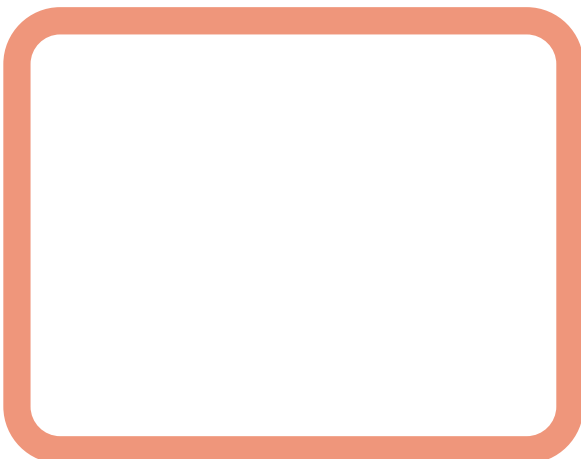
compromising



taking a break



going to the quiet spot



I need to go to the
quiet spot



I need to go to the
quiet spot

