

How are you feeling?



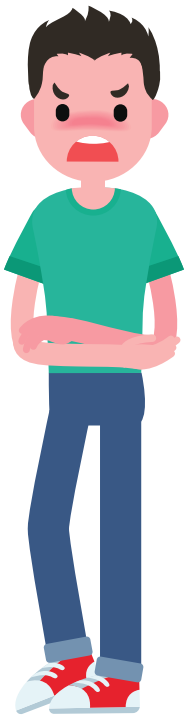
Happy



Excited



Sad



Angry



Scared



Nervous

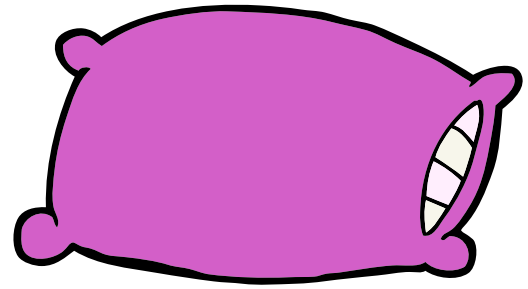
Calming Activities



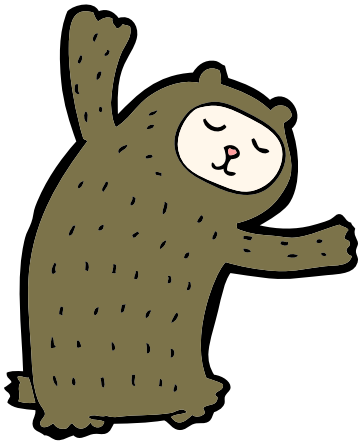
Deep breathe
and blow



Squeeze hands



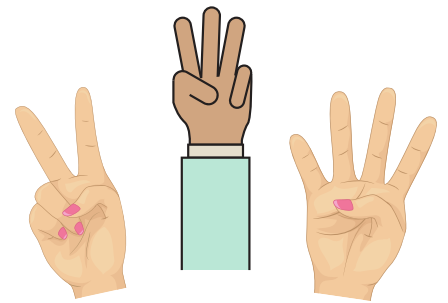
Hug your pillow



Wiggle your body



Sing



Count up and
then count down