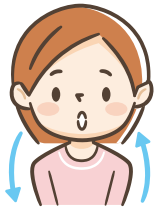




Teaching with the **HEART** in Mind

When you have **BIG** feelings,
choose one of these tools...



take 3 deep
breaths



name the
feeling



use positive
self-talk



listen to music



make a picture



play a game



read a book



ask for help



do some physical
movement