

When I Feel BIG FEELINGS



1
take 5
deep breaths



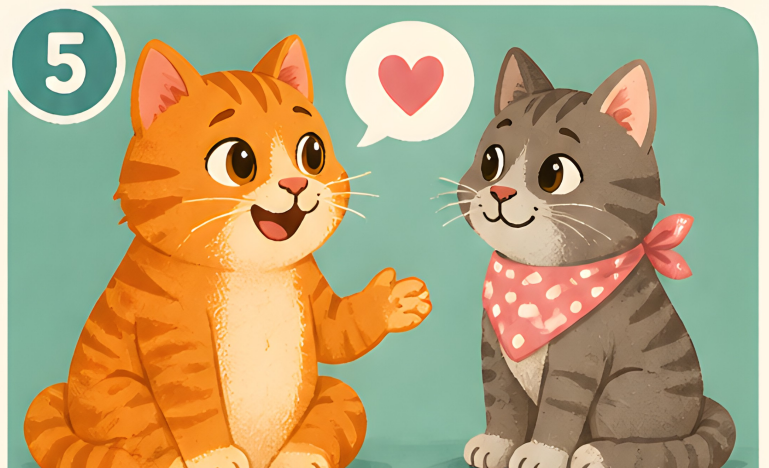
2
count
to ten



3
ask for
a hug



4
drink some
water



5
talk about it

**BIG FEELINGS ARE OKAY.
I CAN CHOOSE WHAT HELPS ME STAY CALM.**