

## When I feel too angry, I can ...



do a  
breathing exercise



explain how I feel  
in calm words



take a break  
in a quiet place



have a  
drink of water



think of a person,  
thing or place  
that makes me happy



INTERNATIONAL  
**RESCUE**  
COMMITTEE

## When I feel too sad, I can ...



do a  
breathing exercise



explain how I feel  
in calm words



read or listen  
to a story



think of a  
happy memory



cuddle a  
stuffed toy

# When I feel too worried, I can ...



do a  
breathing exercise



explain how I feel  
in calm words



remember that this  
feeling will pass



think of a time  
when I was relaxed  
and pretend I am there



speak to an adult  
about what is making  
me worried

HOW DO YOU FEEL?

WHAT ARE SOME WAYS TO  
CHANGE A NEGATIVE EMOTION  
BACK TO A POSITIVE ONE?