

# Managing Emotions

Sometimes I feel sad.

Sometimes I feel angry.

It's OK to feel different emotions.

I can try and feel better.

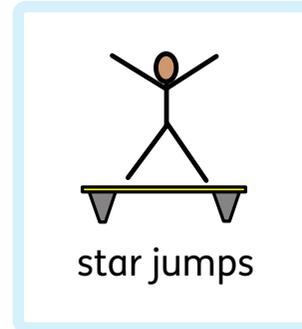
Activities can help me feel better



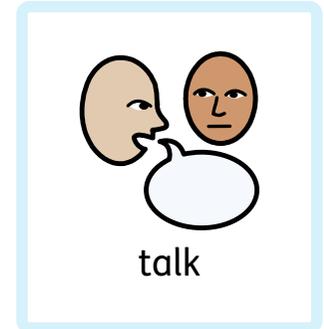
rest



squeeze



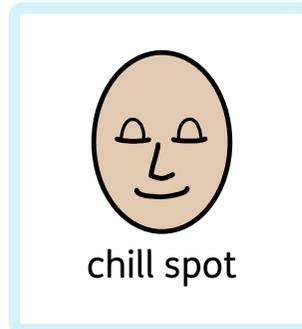
star jumps



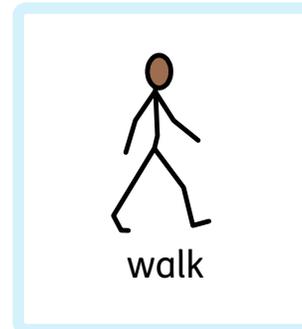
talk



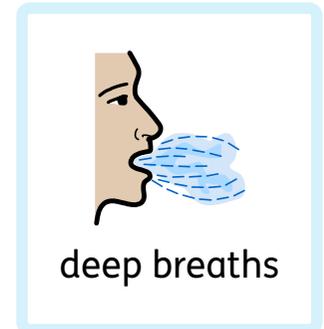
stretch



chill spot



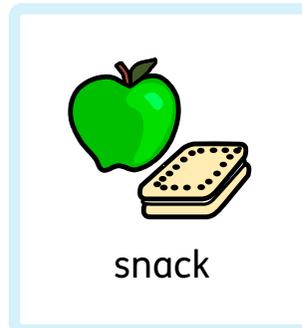
walk



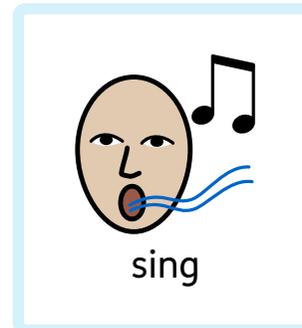
deep breaths



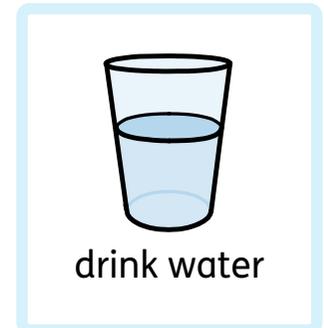
music



snack



sing



drink water