

PSHE activity

L.L—to identify emotions and ways to manage them

Pick emotions and draw them in the feelings box.

Decide which strategy you think would help when you feel that way.

If I'm feeling



I can



If I'm feeling



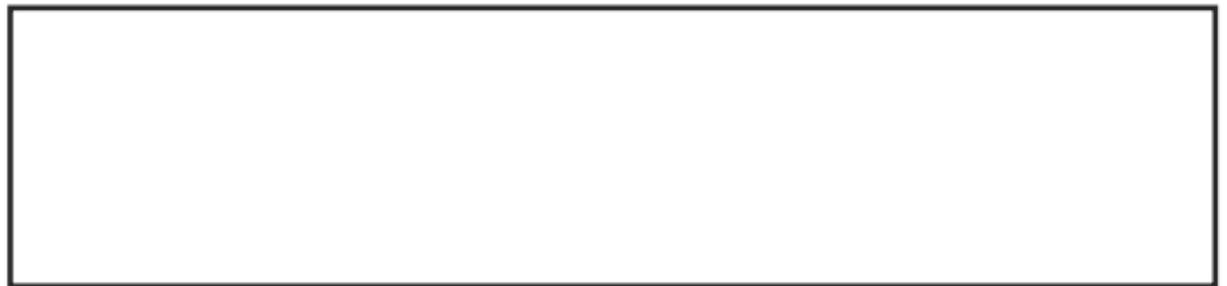
I can



If I'm feeling



I can

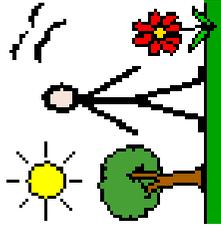




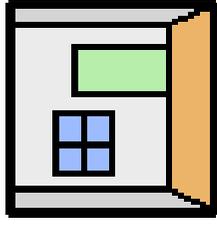
hold my favourite toy



have some time out



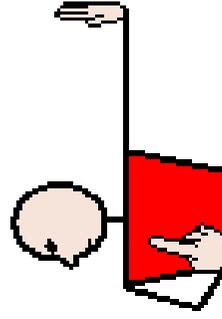
go outside



go to a different room



take some deep breaths



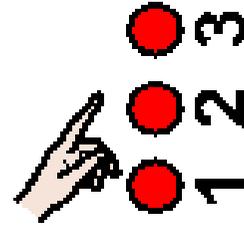
have some time alone



listen to some music



talk to an adult



count to 10



squeeze a stress ball.