

If You're  and You Know It...



ANGRY

1. Walk away
2. Take 10 deep breaths
3. Drink water
4. Count how many things you see that are red

Sad



1. Take 5 deep breaths
2. Sing a song in your head
3. Count how many things you see that are blue
4. Write about how you feel



SCARED

1. Take 5 deep breaths
2. Recall a happy memory
3. Count how many things you see that are purple
4. Draw a picture



Happy

That's wonderful!
Keep up the good work!

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