

Six Ways to Feel Better

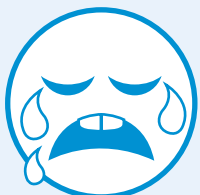
When you're upset, color the face that matches how you feel, or draw a new face. Then color the ideas for feeling better. Try one of the ideas!



I feel angry.



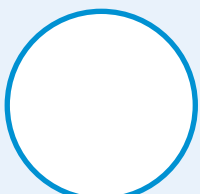
I feel scared.



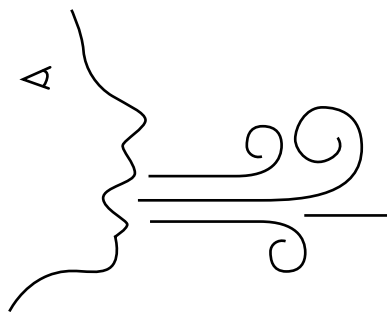
I feel sad.



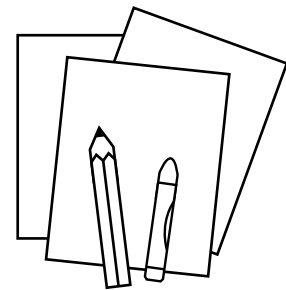
I feel worried.



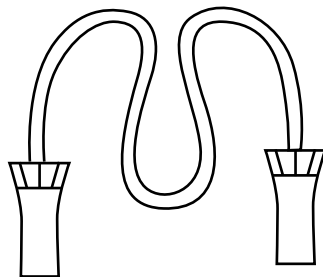
I feel _____.



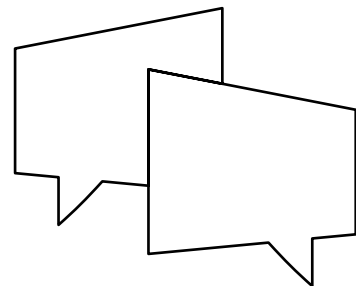
Slowly breathe in and out.
Let your body relax.



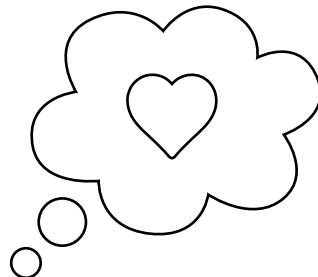
Write in a journal or color a picture about how you feel.



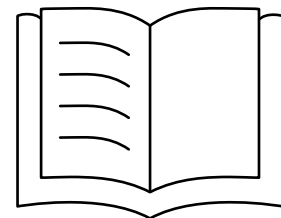
Try an activity that gets your body moving.



Talk to someone about how you feel.

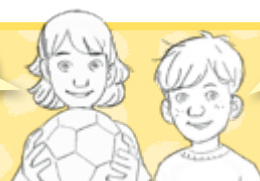


Be kind to yourself. Try to think nice thoughts about yourself.



Say a prayer and read a few scriptures. God loves you, no matter what!

When I feel anxious, I like to practice soccer.



And I find someone to talk to when I'm sad.