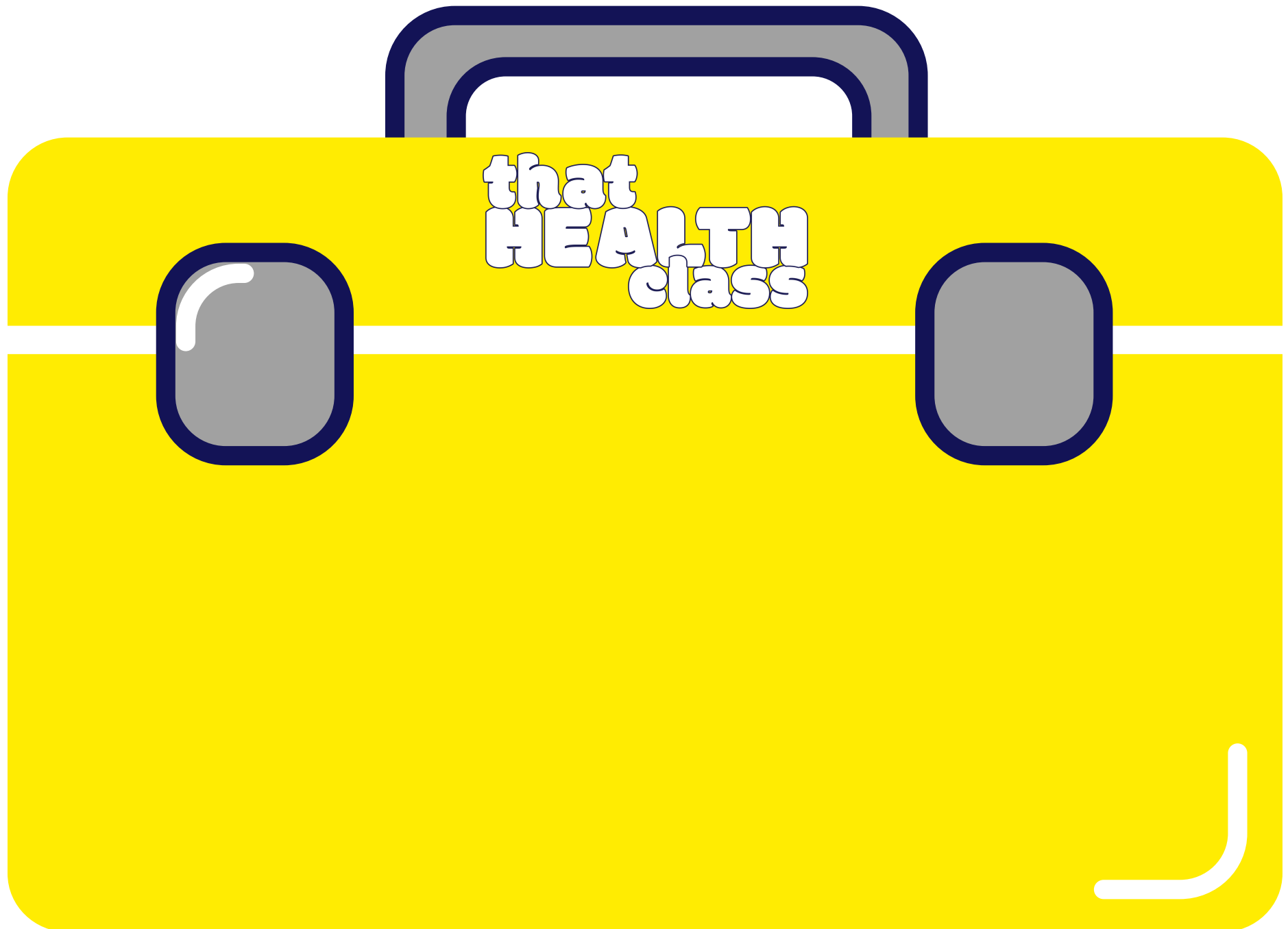
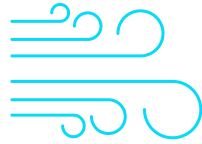


Big Feelings Toolbox



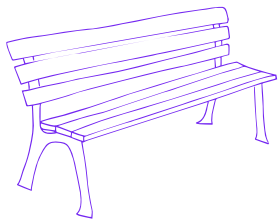
Take 3
belly
breaths.



Get a drink
of water.



Count to 10.



Ask
for a
break.

Talk to a
trusted
adult.

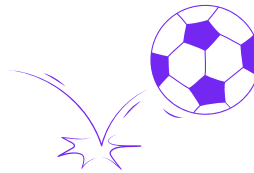


Squeeze
a stress
ball.

Ask a friend
to talk.



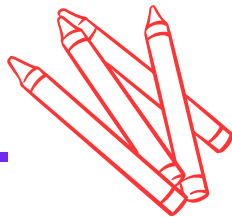
Play outside.



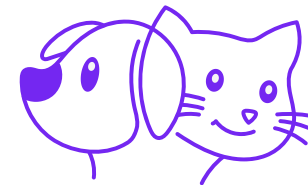
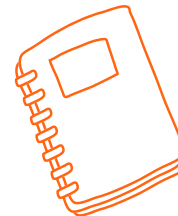
Listen to a
favorite
song.



Make a
drawing.



Write
out your
feelings.



Play
with
a pet.