



TERMS OF USE



This resource and its content is copyright of Elsa-Support Ltd.
©Elsa-Support 2021. All rights reserved.

All free products on this site are subject to a **Creative Commons Copyright Licence**. You are free to copy, distribute, display, and perform the work under the following conditions:

Attribution: You must give the original author credit - that is **Elsa-Support**, and our copyright labels must remain on the resource.

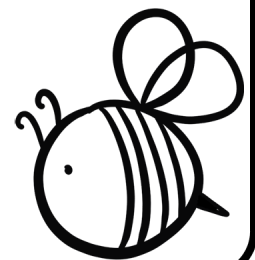
Non-Commercial: You may **not** use this work for commercial purposes. **You cannot sell this work or use it for financial gain.**

No Derivative Works: You may **not** alter, transform, or build upon this work. **You must not change our work in anyway.**

Thank you for abiding by copyright law.



www.elsa-support.co.uk

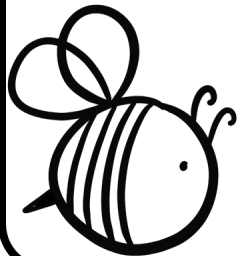




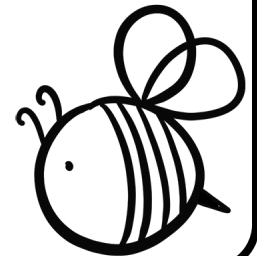
Other resources you will LOVE!



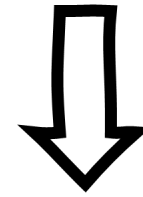
Please click the image to take you to this related and relevant resource:



www.elsa-support.co.uk



Print as A4. Cut out each shape and put together in a booklet. Staple at the top



When I feel...

I can...

Choose one or think about
something else you can do.
Draw a picture or write
about it

- Share my feelings with someone
- Make sure I get enough sleep, food and water
- Take time to relax my body and mind
- Plan something fun to do
- Do some exercise
- Spend time in nature
- Challenge unhelpful thoughts
- Find things I am grateful for
- Try some mindfulness or yoga
- Spend time with other people
- Set small goals that I can achieve
- Stroke and hug my pets

sad

I can...

Choose one or think about
something else you can do.
Draw a picture or write
about it

- Share my feelings with someone
- Try my breathing exercises to slow down my breathing
- Challenge my negative thinking
- Exercise to burn off all the energy my body is making
- Punch a pillow
- Push against a wall
- Wash my hands in cold water
- Walk away from a situation
- Ask for help
- Squeeze a stress ball
- Count to or from 100 in 2s or 10s

angry

I can...

Choose one or think about something else you can do. Draw a picture or write about it

- Share my feelings with someone
- Try my breathing exercises to slow down my breathing
- Challenge my negative thinking
- Exercise to burn off all the energy my body is making
- Ask for help
- Sort my worries between in my control and out of my control
- Switch on my thinking brain by doing a puzzle or writing
- Try mindfulness – 5 things I can see, 4 things I can hear, 3 things I can touch, 2 things I can smell and 1 thing I can taste

worried

I can...

Choose one or think about
something else you can do.
Draw a picture or write
about it

- Share my feelings with someone
- Try my breathing exercises to slow down my breathing
- Challenge my negative thinking
- Exercise to burn off all the energy my body is making
- Switch on my thinking brain by doing a puzzle or writing
- Create achievable targets
- Make a list of priorities
- Let others help me
- Use problem solving skills
- Use whole body relaxation
- Switch off and do something fun
- Take control of the things that are stressing me
- Work smarter

stressed