

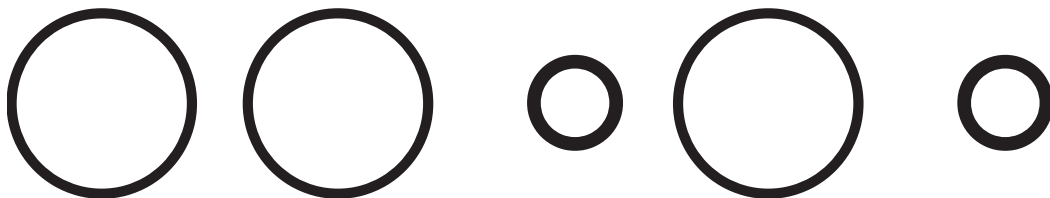
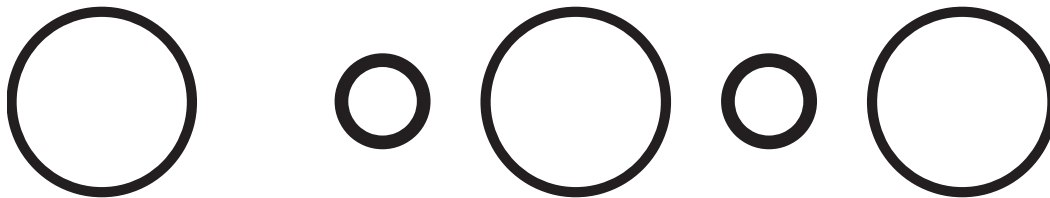
SECTION 2

Bubble (Circle) Reading

Read the bubbles like a story!

Every time you see a big bubble, take a deep breath in and slow breath out.

Every time you see a little bubble, take a small breath in and quick breath out.



Have fun and colour each bubble in!

My name is: _____

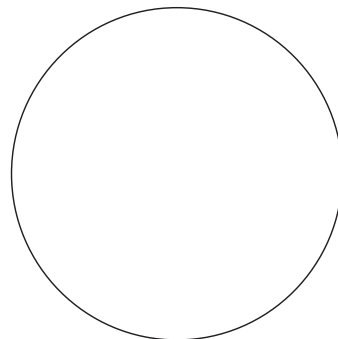
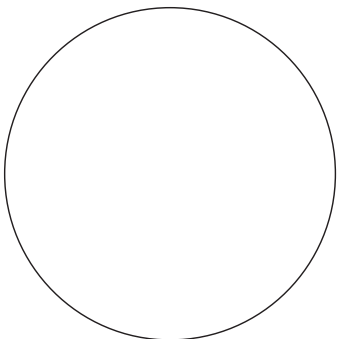
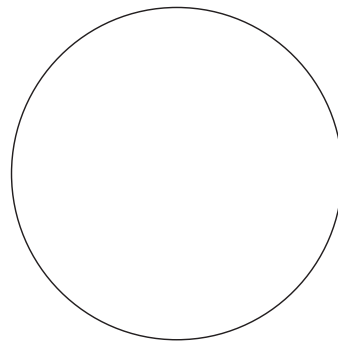
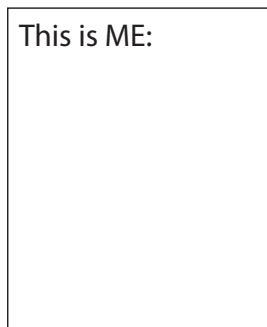
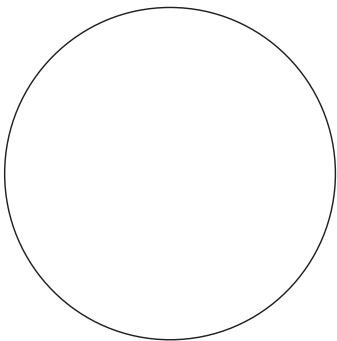
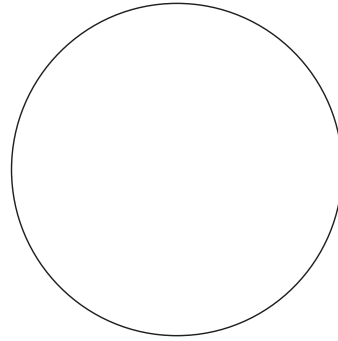
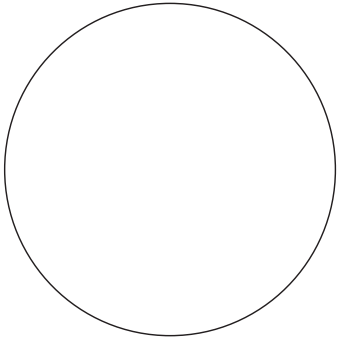
SECTION 6

Calming Strategy Visual

Things that help me feel calm...

Rectangle: Draw or stick in a picture of yourself.

Circles: Draw the things that help you feel calm.

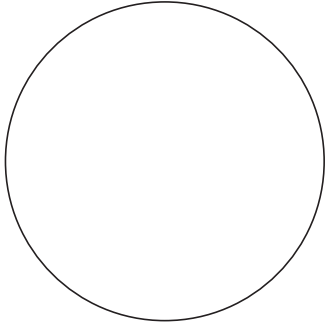


My name is: _____

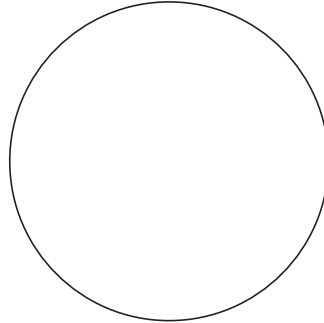
SECTION 7

Faces of Emotion

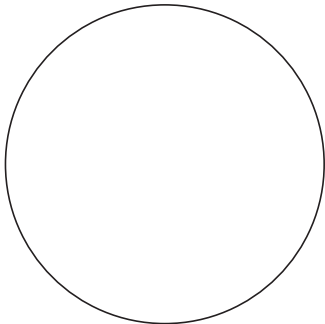
Draw these faces.



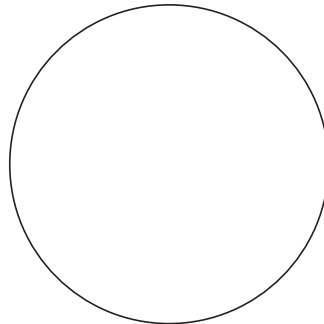
I feel sad



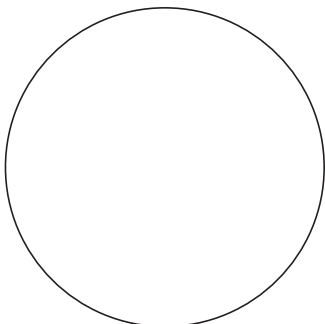
I feel happy



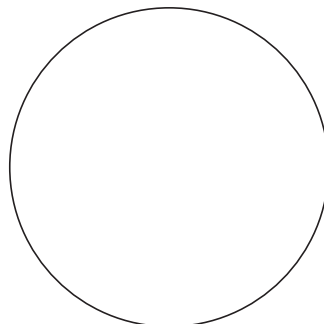
I feel scared



I feel excited



I feel angry



I feel sleepy

My name is: _____