



Emotions and Actions

Draw lines that connect the things you feel and what you do in response to those things.

Emotions

Frustrated

Angry

Bored

Sad

Happy

Scared

and

Actions

Take a break or time-out.

Talk to someone about it.

Breathe deeply to calm down.

Hit a pillow.

Go for a run.

Get up and do something fun.

Call a friend.

Snuggle.

Get a hug.

Take a bath.

Listen to music.

Relax.