Below is a simplified, kid-friendly version. It uses more emojis, simple language, and visual cues. When you print, consider adding fun colors, using a friendly, easy-to-read font, and spacing things out. Also, feel free to add your own pictures or stickers!

**My Feelings & Calming Skills Packet**

**(Kid-Friendly Version)**

**What’s Inside:**

1. **Hello!**
   * Why are feelings important?
2. **My Daily Checklist** (with emojis)
3. **Understanding Feelings**
   * Feelings Faces
   * Body Clues
   * Feeling Scale 1–10
4. **Calm-Down Tools**
   * Breathing Exercises
   * Muscle Relaxing
   * Quick Distractions
5. **Changing “Not-Helpful” Thoughts**
   * Thought Switch Worksheet
   * Helpful Thought Cards
6. **Solving Problems**
   * Breaking Big Tasks into Small Steps
   * “If I Feel \_\_\_, I Can \_\_\_” Chart
7. **My Coping Toolbox**
8. **Practice & Review**
   * Try-It-Out Scenarios
   * Fun Emotions Game (Charades)
   * Weekly Star Chart
9. **Rewards & Celebrations**
10. **Extra Pages for Feelings & Ideas**

**1. Hello!**

**Why Feelings Matter:**  
Everyone has feelings—happy, sad, mad, worried—and that’s normal! Learning how to understand and calm our feelings can help us do better at school, get along with friends and family, and feel good about ourselves. [😊]

**2. My Daily Checklist**

**Morning (Start of Day)**  
☐ **Feelings Check:** Look at the feelings faces—how do I feel today? [🤔]  
☐ **Body Check:** Am I tense? If yes, take a deep breath [😌]  
☐ **Good Thought:** “I can try my best today!” [🌟]

**During the Day**  
☐ **Notice Feelings Early:** Use my 1–10 scale. [🔍]  
☐ **Pick a Calming Trick:** Deep breath, squeeze and release fists, think of a happy place. [✋🧘‍♂️]  
☐ **Try a Helpful Thought:** Change “I can’t” to “I’ll try step one.” [💭➡️💡]

**Afternoon/Evening**  
☐ **Review My Day:** Which feelings did I have? Did I use a calming trick? [📝]  
☐ **Celebrate a Win:** One time I stayed calm: \_\_\_\_\_\_\_\_\_\_\_ [🎉]  
☐ **Ask for Help if Needed:** It’s okay to tell someone how I feel. [🤝]

**3. Understanding Feelings**

**Feelings Faces (Circle one):**

* [😀] Happy
* [😢] Sad
* [😡] Angry
* [😟] Worried
* [😤] Frustrated
* [🤩] Excited
* [😕] Confused

**Body Clues:**

* Angry: Hot face, clenched fists [🔥👊]
* Worried: Tummy butterflies [🦋]
* Sad: Heavy shoulders [🙇]

**Feeling Scale (1–10):**  
1 = Very small feeling [1️⃣]  
10 = BIGGEST feeling [🔟]

**4. Calm-Down Tools**

**Breathing (Box Breathing):**  
Inhale (4 counts) [😮], Hold (4 counts), Exhale (4 counts) [😤], Hold (4 counts). Repeat.

**Muscle Relaxing:**  
Squeeze hands tight [🤏], then relax. Shrug shoulders up [🤷], then down. Notice the difference.

**Quick Distractions:**

* Count backward from 10 [🔢]
* Think of a favorite place [🏝️]
* Hum a tune [🎶]

**5. Changing “Not-Helpful” Thoughts**

**Thought Switch Worksheet:**  
**Situation:** \_\_\_\_\_\_\_\_\_\_\_\_  
**Not-Helpful Thought:** “I can’t do this!” [🙅]  
**Helpful Thought:** “I can try one small step.” [👍]

**Helpful Thought Cards:** (Cut these out!)

* “I can learn new things.” [🧠💡]
* “It’s okay to ask for help.” [🗣️]
* “I’ve done hard stuff before!” [💪]

**6. Solving Problems**

**Break It Down:**  
What do I need to do? \_\_\_\_\_\_\_\_\_\_\_  
What’s the first small step? \_\_\_\_\_\_\_\_\_\_

**If I Feel \_\_\_, I Can \_\_\_ Chart:**

| **Feeling** | **I Can Do...** |
| --- | --- |
| Angry 😡 | Take 3 deep breaths, ask for help |
| Worried 😟 | Think a calm thought, hold my stress ball |
| Sad 😢 | Hug a pillow, talk to a friend or parent |
| Stuck 🤔 | Try just one small part of the task |

**7. My Coping Toolbox**

**Pick a Box or Bag** to keep:

* A stress ball [🦖 or 🎾]
* Helpful thought cards [💬]
* A favorite photo or sticker [📸🌈]
* Mini instructions (breathe, count, relax)

**8. Practice & Review**

**Try-It-Out Scenarios:**  
**Scenario 1:** Homework is hard. How do I feel? Which trick do I try first?  
**Scenario 2:** I lost a game. What’s a helpful thought? Which calming tool works?

**Emotion Charades:** [🕵️‍♀️]  
Take turns acting out a feeling with your face and body. Guess the emotion!

**Weekly Star Chart:**

| **Day** | **Calming Skill Used?** | **Star/Sticker** |
| --- | --- | --- |
| Mon |  |  |
| Tue |  |  |
| ... |  |  |

Earn a reward (extra playtime, a special treat) after collecting a certain number of stars. [⭐]

**9. Rewards & Celebrations**

**Achievement Certificate:**  
“Great Job Learning About Your Feelings!” [🏆]  
You did well in using calm-down tools and trying helpful thoughts.

**10. Extra Pages**

**Feelings & Ideas Page:**  
Write or draw:

* Today I felt \_\_\_\_\_\_\_\_\_\_\_ and I tried \_\_\_\_\_\_\_\_\_\_\_.
* Next time, I might try \_\_\_\_\_\_\_\_\_\_\_.

(You can add more sheets as needed.)

**Remember:** All feelings are okay. You’re learning new ways to handle them! [💖]