Below is the full packet compiled into a printable format. You can adjust formatting, fonts, and add images or icons as desired before printing. Consider printing on sturdy paper and laminating the Daily Checklist and other frequently referenced pages.

**Packet: Understanding and Managing My Emotions**

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**1. Welcome & Introduction**

**How to Use This Packet:**  
This packet is here to help you understand your feelings and learn ways to handle them better. You don’t have to do everything at once. Work through it step-by-step with a grown-up’s help.

**Why Emotions Matter:**  
Everyone has feelings—happiness, sadness, anger, worry—and they’re all okay. Understanding these feelings helps you make good choices, solve problems, and feel better about yourself.

**2. Daily Emotional Coping & Problem-Solving Checklist (Laminated Sheet)**

**Morning (Before Starting the Day)**  
☐ Feelings Check: Look at the feelings chart and pick how I feel.  
☐ Body Scan: Notice if I’m tense and do a few deep breaths if needed.  
☐ Encouraging Thought: “I can handle what comes today.”

**During the Day**  
☐ Recognize Emotions Early: Use my “emotions thermometer.”  
☐ Use a Coping Strategy (deep breathing, muscle relaxation, or quick distraction).  
☐ Check My Thoughts: Replace “I can’t do this” with “I can try one small step.”  
☐ Break it Down: If a task is hard, what’s the first small step?

**After School/Evening**  
☐ Reflect on the Day: What feelings did I have? Which strategy helped?  
☐ Celebrate Wins: One time I handled my feelings well today: \_\_\_\_\_\_\_\_\_\_\_\_  
☐ Share with a Parent: Something I’m proud of and a challenge I faced.

**If Feeling Overwhelmed Anytime**  
☐ Go to my Coping Toolbox (use stress ball, read a helpful thought card).  
☐ Remember it’s okay to ask for help.

**3. Understanding Emotions**

**Feelings Chart**

(Include simple faces for emotions: Happy, Sad, Angry, Worried, Frustrated, Excited, Proud, Confused, etc.)

**Instructions:** Circle or point to how you feel, or write it down:

* Happy 🙂
* Sad 😢
* Angry 😡
* Worried 😟
* Frustrated 😤
* Excited 😃
* Proud 😌
* Confused 😕
* [Add any others you find helpful]

**Body Cues Guide**

**Instructions:** When I feel a strong emotion, where do I feel it in my body?

* Anger: Tight fists? Hot face?
* Worry: Butterflies in stomach? Sweaty palms?
* Sadness: Heavy shoulders? Tired feeling?
* Frustration: Clenched jaw? Frowning?

**Emotion Thermometer**

**Scale 1–10:**  
1 = A little upset, 10 = Extremely upset  
Write down the number when you notice a big feeling.

**4. Calm-Down Tools & Techniques**

**Breathing Exercises (Box Breathing)**

1. Inhale slowly through the nose for a count of 4
2. Hold for 4
3. Exhale through the mouth for 4
4. Hold for 4  
   Repeat until calmer.

**Progressive Muscle Relaxation (Simple Version)**

* Squeeze hands into fists, hold 5 seconds, then release.
* Shrug shoulders up to ears, hold 5 seconds, then relax.
* Repeat with a few muscle groups to release tension.

**Mindful Distraction Ideas**

* Count backward from 20 by 2s.
* Picture a calm place (beach, forest, favorite room).
* Hum a favorite song quietly.

**5. Changing Unhelpful Thoughts**

**Thought Replacement Worksheet**

**Situation:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
**Unhelpful Thought:** “***”  
Check the Thought: Is this really true? Could I try another thought?  
New Helpful Thought: “***”

(Example:  
Situation: Tough homework problem  
Unhelpful Thought: “I’ll never get this!”  
New Thought: “I can try the first step or ask for help.”)

**Helpful Thought Cards (Templates)**

Cut these out and keep them in the Coping Toolbox.

Card 1: “I can do hard things one step at a time.”  
Card 2: “I’ve done difficult stuff before, I can try again.”  
Card 3: “It’s okay to feel this way. I can calm down and try.”

(Leave some blank for personalized phrases.)

**6. Problem-Solving Steps**

**Breaking Tasks Down:**

1. What’s the task? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. What’s the first small step I can take? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. What help or tool can I use? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Decision Tree Template:**

* If I feel \_\_\_\_\_\_\_\_\_\_, I can try \_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_.
* If that doesn’t help, I can ask \_\_\_\_\_\_\_\_\_\_ for help.

(Example: If I’m frustrated with homework, I can:  
(1) Take a deep breath or (2) Try just one problem. If still stuck, ask Mom for help.)

**7. My Personal Coping Toolbox**

**Instructions:**  
Choose a box or pouch to keep small helpful items and reminders.  
Add things like:

* A stress ball
* A small, smooth rock to hold
* A photo of a calm place
* Printed helpful thought cards
* This packet’s reference sheets (miniature size if possible)

**My Toolbox Items:**

**8. Practice & Review**

**Role-Play Scenarios Worksheet**

**Scenario #1:** I can’t solve a math problem.

* How do I feel?
* Which calming technique do I use?
* What’s one helpful thought?

**Scenario #2:** I lost a game and feel angry.

* Which emotion number am I at (1–10)?
* Which strategy can help me calm down?
* What can I tell myself?

(Fill in more scenarios as needed.)

**Emotion Charades Instructions**

Take turns acting out an emotion silently. The other person guesses the feeling. This helps recognize body cues and facial expressions.

**Weekly Reflection Worksheet**

* One time I used a coping skill this week: \_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Which skill worked best? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* One goal for next week: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**9. Reward & Tracking**

**Sticker/Token Chart**

**Goal:** Earn a sticker each time I use a coping skill before getting too upset.

| **Day** | **Skill Used?** | **Sticker/Note** |
| --- | --- | --- |
| Mon |  |  |
| Tue |  |  |
| Wed |  |  |
| Thu |  |  |
| Fri |  |  |
| Sat |  |  |
| Sun |  |  |

When I earn \_\_\_ stickers, I get \_\_\_ (a small reward or fun activity).

**Achievement Certificate**

**Certificate of Emotional Growth**  
This is to celebrate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for learning to understand and manage big feelings!  
Date: \_\_\_\_\_\_\_\_\_\_\_  
Signatures: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**10. Resources & Next Steps**

**Tips for Communicating with Teachers:**

* Let the teacher know which strategies I’m practicing.
* Ask the teacher for a quiet signal to remind me to use a coping skill if I get upset at school.

**Encouraging Notes from Parents:**

* “I’m proud of how you’re learning to calm down.”
* “You can handle this. I believe in you.”

**Support Resources:**

* School counselor contact info: \_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Books or websites about emotions: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Appendices**

**Extra Thoughts & Feelings Worksheets**

**Today’s Feeling:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
**What happened?** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
**How did I respond?** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
**Next time, I will try:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Use multiple copies as needed.)

**Notes & Additional Strategies**

Use this space to write down any new coping strategies, notes from parents or teachers, or personal goals:

(Feel free to add more blank pages as needed.)

**End of Packet**

**Remember:** Emotions are normal. You’re learning skills to handle them step-by-step. It’s okay to ask for help. You’ve got this!