My Thoughts and My Feelings

Today I am feeling <u>frustrated, anxious, irritated, calm, tired, excited, happy, sad, silly</u>

Circle one

I feel this way because 💗:

_____

_____

I wish 🪄 :

_____

_____

My thoughts💭 control my feelings👦. I can change my thoughts and help myself feel better.💭 😋
I can:

1. Take 5 deep breaths
2. Think of my happy place- The Bears, baseball game, etc.
3. Go for a walk
4. Listen to music
5. Think Happy Thoughts
   A fun or happy memory I have is when:

   _____
   _____

6. Something else that helps me feel better is:_____