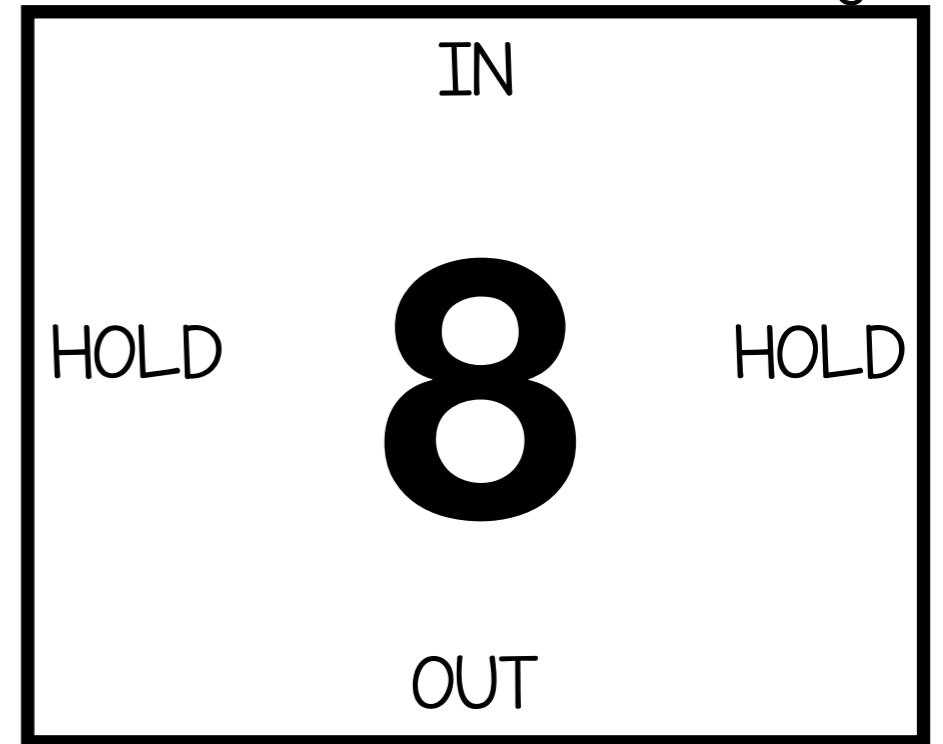


WHAT CAN I DO IF I'M FEELING WORRIED

Practice Calm Breathing

Draw or write the people that you can talk to about worries.

Draw or write the people that you can share a joke.



Goals:

This week, I am going to:

Read ___ books.

Clean my _____

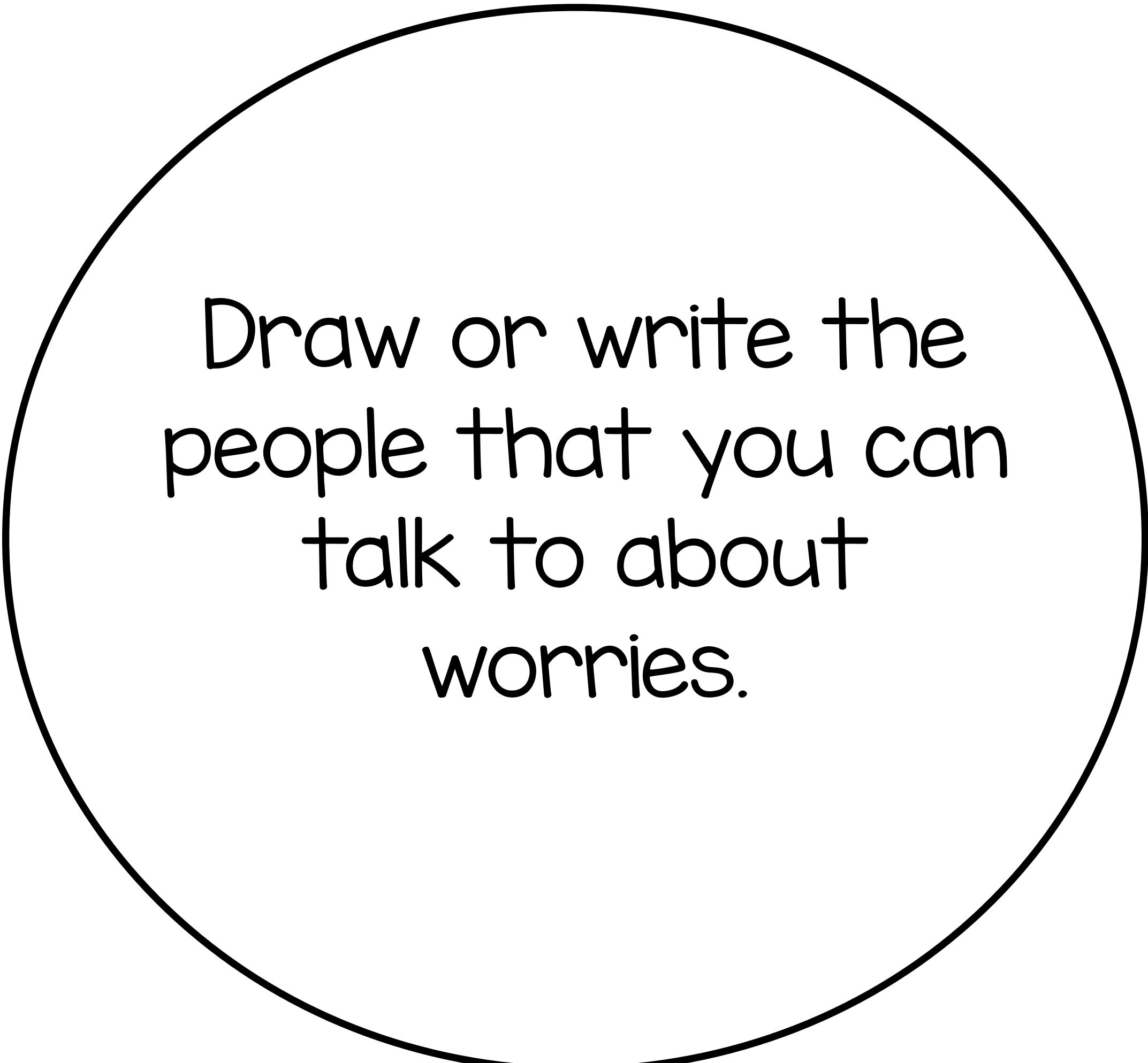
Practice my _____

Do something nice for _____.

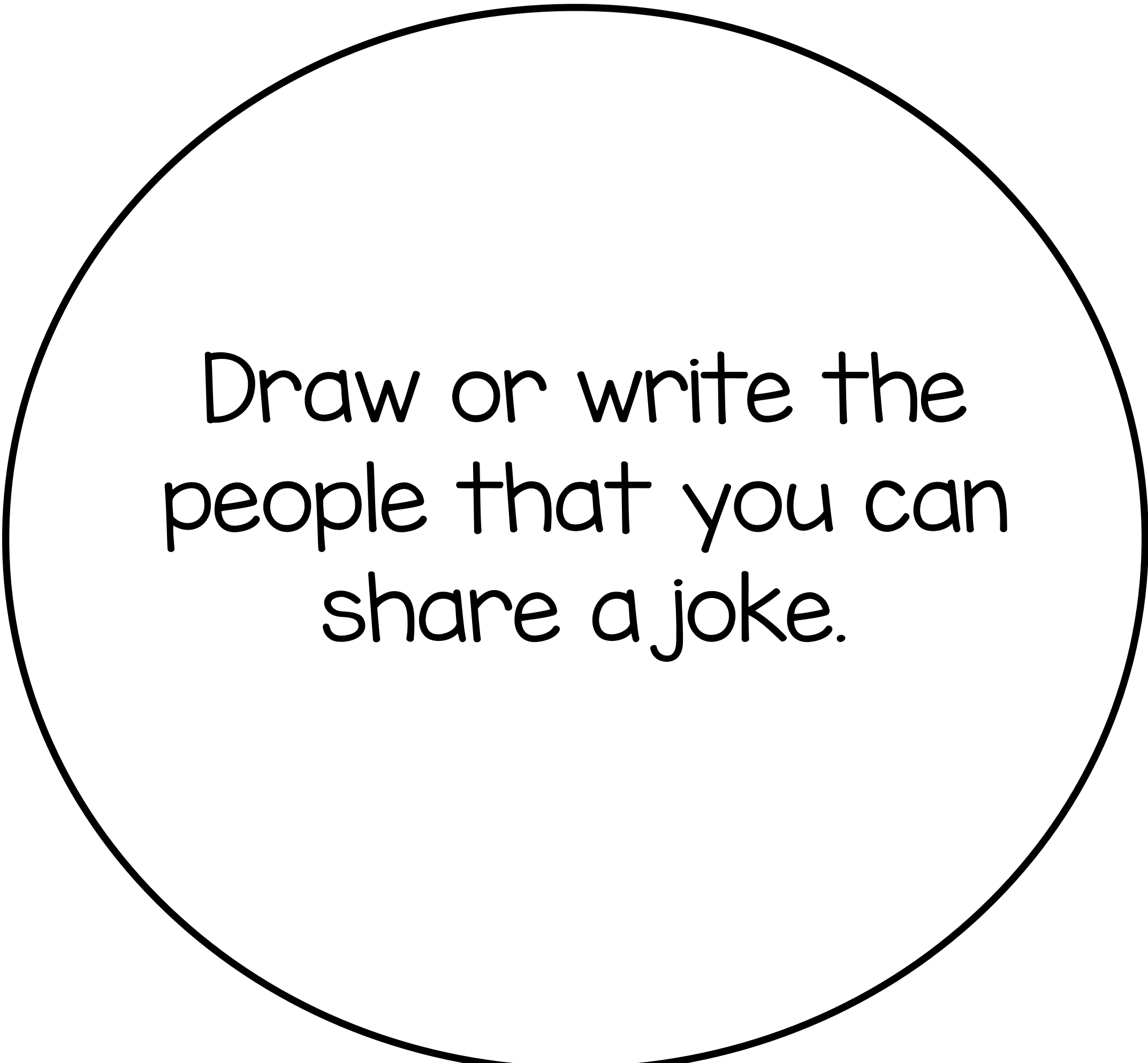
Remember it's okay to be worried, talk to someone you trust and try to look for the good.

My fun to do list:

- Listen to music (dance party or air band)
- Play a board/card game
- Draw or color a picture
- Write a story
- Call someone you miss
- Run around outside for at least 5 min



Draw or write the
people that you can
talk to about
worries.



Draw or write the
people that you can
share a joke.

Practice Calm Breathing

IN

8

HOLD

HOLD

OUT

Goals:

This week, I am going to:

Read ___ books.

Clean my _____

Practice my _____

Do something nice for _____.



MY FUN TO DO LIST:

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look for the good.

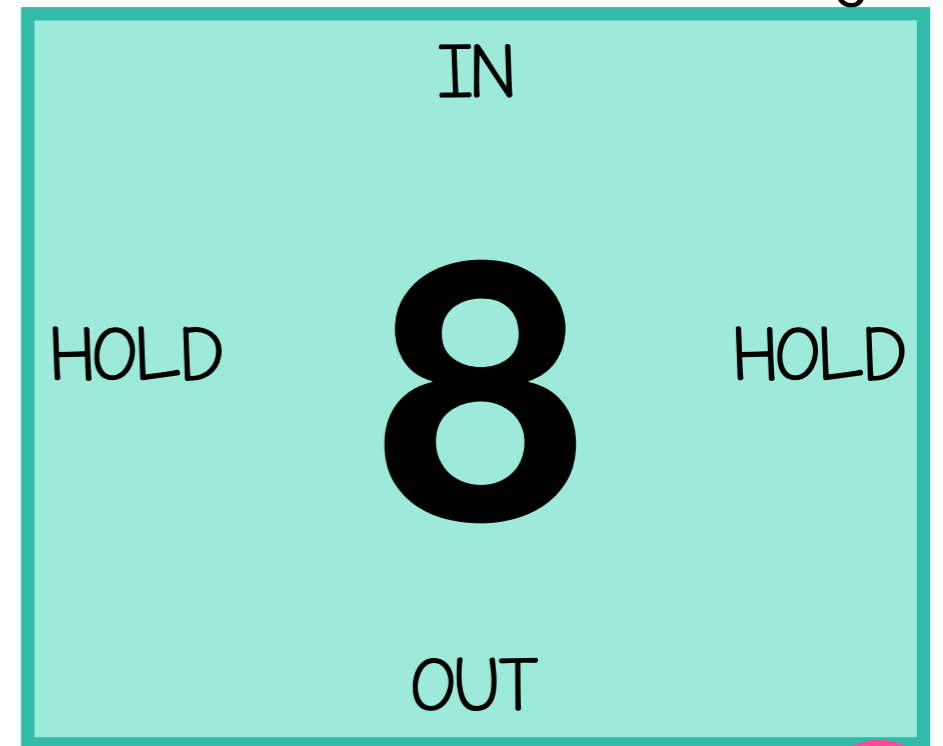
COLORFUL COPIES

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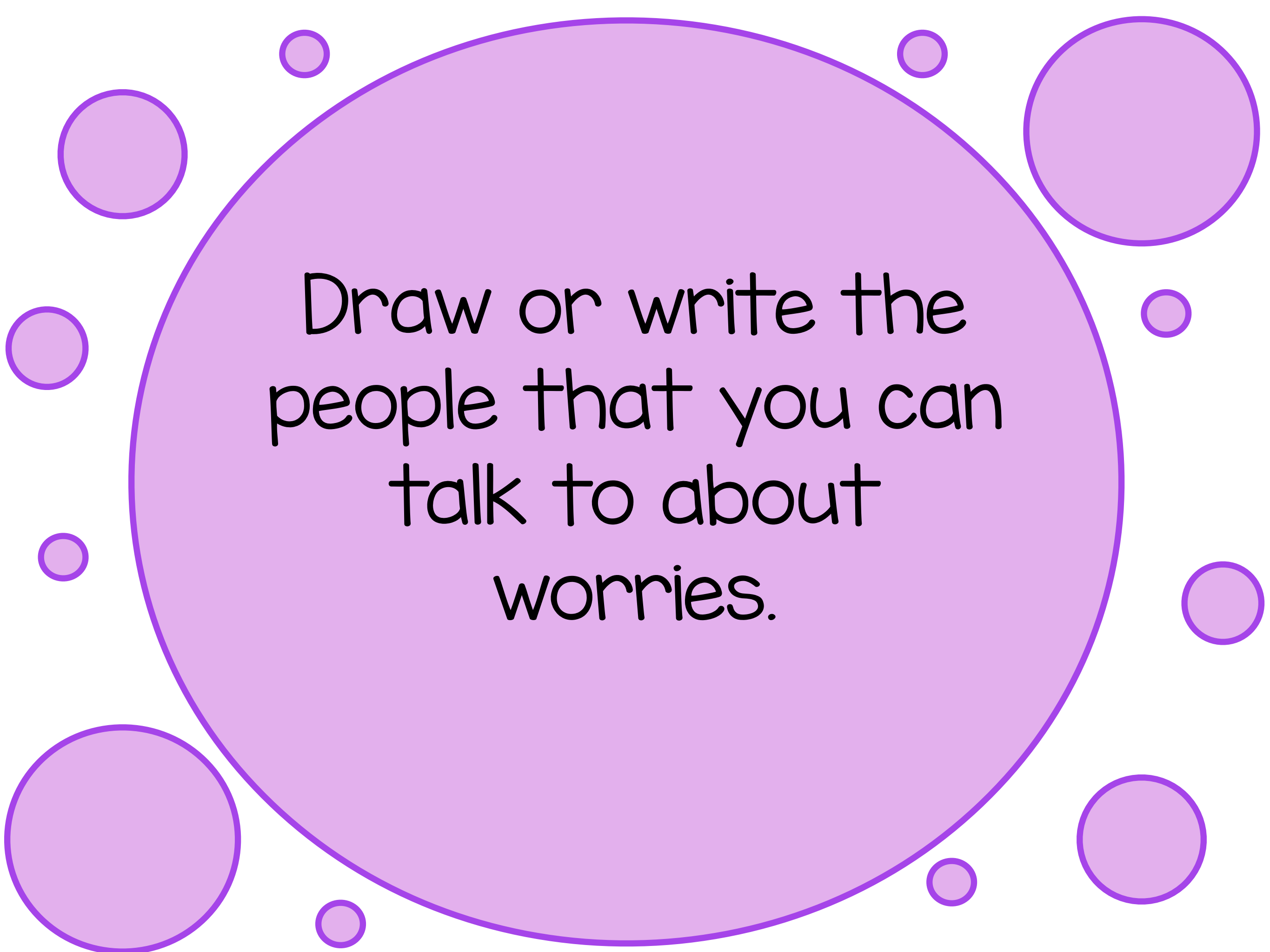
Practice my _____

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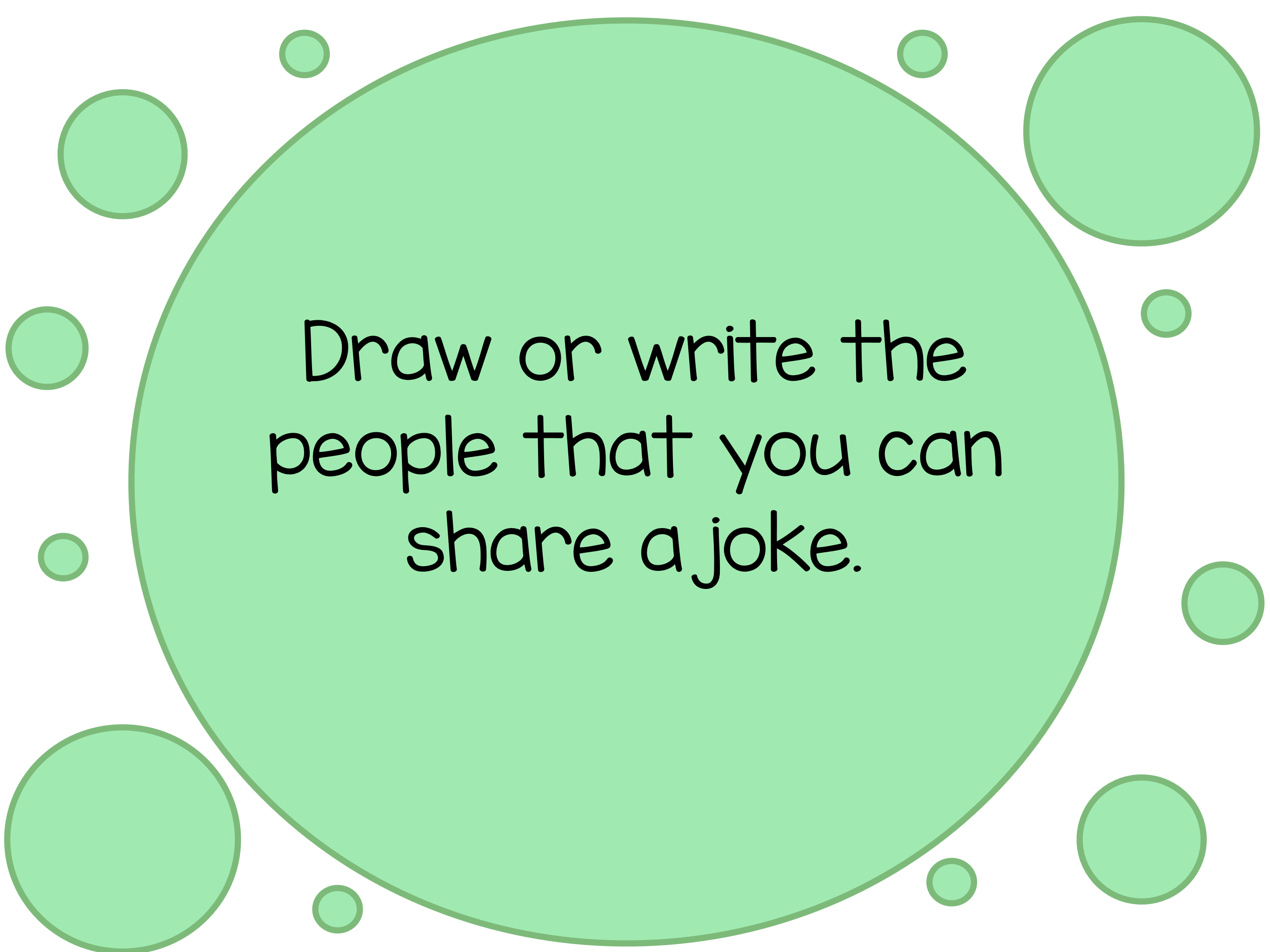
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