

Six Ways to Feel Better

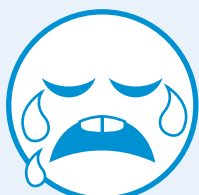
When you're upset, color the face that matches how you feel, or draw a new face. Then color the ideas for feeling better. Try one of the ideas!



I feel angry.



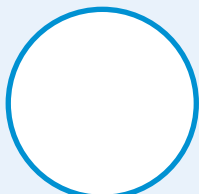
I feel scared.



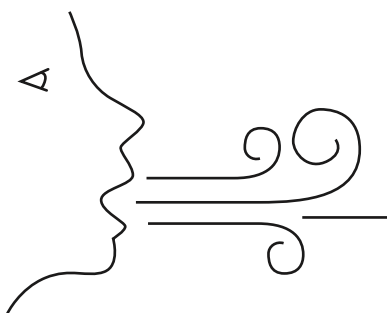
I feel sad.



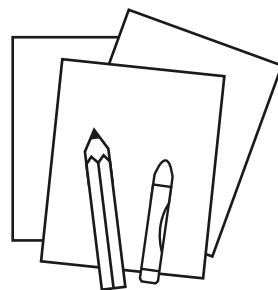
I feel worried.



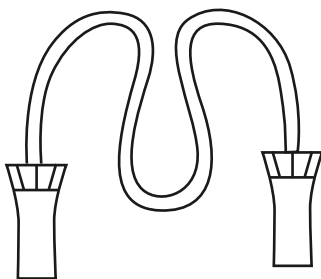
I feel _____.



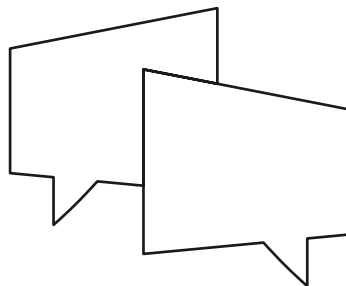
Slowly breathe in and out.
Let your body relax.



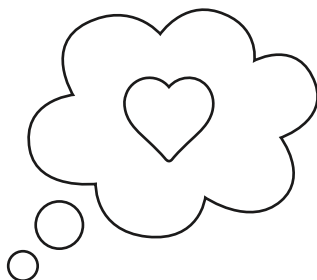
Write in a journal or color a
picture about how you feel.



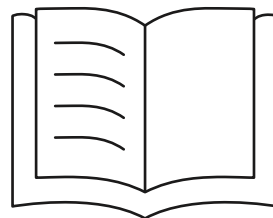
Try an activity that gets
your body moving.



Talk to someone about
how you feel.



Be kind to yourself. Try to think
nice thoughts about yourself.



Say a prayer and read a few
scriptures. God loves you,
no matter what!

