



MY EMOTIONS TOOLBOX



Use this box whenever your feelings get hard to deal with.
Follow these rules and you'll learn to handle your feelings like a champ!



SAD



MAD



HURT



UNSURE

1.

Use the notebook and pencils to write a note about how you feel and what made you feel that way.



2.

Pick one activity to do and spend 10 to 15 minutes doing that activity.



3.

Use your toolbox every time you are having a hard time with your feelings.

