

If I am feeling cross, angry or frustrated I can...

Talk to someone
about my feelings

Do some breathing
exercises to help relax
my body

Do some physical
exercise to release
my energy

Do something creative

Play with my toys
to distract me



Encourage positive
thoughts by thinking
of a happy memory
or place

Remember to use
words to express how I
feel not actions

Cuddle a soft toy
or blanket to help
me feel safe

Have some quiet time
to help me feel calmer