

WHAT HELPS ME WHEN I FEEL...?

Big feelings happen. Let's discover what helps you.



When I feel **ANGRY...**

What might help me?

- ☐ Take some slow breaths
- ☐ Move my body
- ☐ Have some quiet time
- ☐ Tell someone what happened
- ☐ Draw how I feel
- ☐ Something else: _____



When I feel **SAD...**

What might help me?

- ☐ Have a cuddle
- ☐ Talk to someone I trust
- ☐ Sit somewhere cosy
- ☐ Draw or colour
- ☐ Have a little quiet time
- ☐ Something else: _____



When I feel **WORRIED...**

What might help me?

- ☐ Tell someone what's worrying me
- ☐ Stay close to someone I trust
- ☐ Take some slow breaths
- ☐ Hold something comforting
- ☐ Draw what I'm worried about
- ☐ Something else: _____



When everything feels **TOO MUCH...**

What might help me?

- ☐ Find somewhere quieter
- ☐ Take a little break
- ☐ Have a cuddle
- ☐ Move away from what's bothering me
- ☐ Tell someone "It's too much."
- ☐ Something else: _____



Different things help different people.
You can discover what helps you.



Ask:
"Would you like me to help,
stay close, or give you a little space?"

