



# Feelings and Coping Skills



# Thank You!

Thank you for downloading this resource!

I love creating tools that invite young people to voice  
& shape their authentic, strong, vulnerable & brave selves  
and that hopefully make your job easier (and more fun), too!

Please contact me with any questions, requests, or feedback at:  
[wholeheartedschoolcounseling@gmail.com](mailto:wholeheartedschoolcounseling@gmail.com)

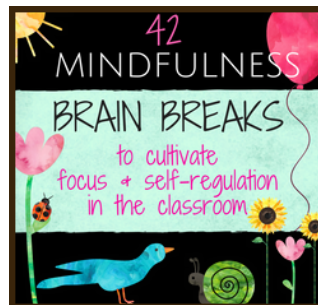


Joy to You!

## About This Resource...

I designed this **Create Your Own Feelings and Coping Skills School Counseling Game** to offer a comprehensive, versatile resource which covers 5 different topics aimed at promoting student success, growth & agency. The topics include: anger, coping skills, feelings, joy & happiness, and worry & anxiety. This game can act as both a stand alone therapeutic tool AND as a auxiliary device to transform your store-bought games into therapeutic interventions. Use the **Create Your Own Feelings and Coping Skills School Counseling Game** in individual counseling sessions, lunch bunches or small groups. It works great as the main activity or as an ice-breaker and/or rapport building conversation. Whichever way you utilize this resource, I hope you and the young people you support have lots of fun playing and building connections!

## You May Also Enjoy...



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## What's Included:

- ✓ 3 full sets of 5 Counseling Topic Game Card Prompts in full color, light color & black/white
- ✓ DIY Paper Dice, 3 variations to choose from (full color, light color & black/white)
- ✓ Game Boards, 2 variations to choose from (1 color, 1 black/white)
- ✓ Game Pawns, 2 sets to choose from (1 color, 1 black/white)
- ✓ Pass Tickets, 3 variations to choose from (full color, light color & black/white)
- ✓ User's Guide
- ✓ Tips to Use as a Therapeutic Intervention

## Prep:

Choose which set of Game Card prompts you'd like to use, either the full color, light color or black/white set. Then print\*\*\* (on card stock, if possible) and laminate. Laminating the Game Card Prompts will not only make the cards more durable, but will also allow you to reuse the cards with the use of dry erase markers (that is, if you want to check-off the boxes each time a prompt has been answered). An alternative to laminating is to insert Game Cards into dry erase pockets and/or sheet protectors.

If you print the black/white set, consider coloring in the color words with corresponding colors and/or drawing a border around each section with corresponding colors (i.e. using red for the Top 3 section, blue for the Complete It section, etc.)

For easy storage and accessibility, punch a hole in the top left hand corner of the Game Cards and place in a binder ring. Or punch 3 holes to store in a binder.









If you are going to use a Create Your Own School Counseling Game Board and Game Pawns, print and laminate these, too.

If you plan on using the DIY Paper Dice provided in this resource, print, cut & glue. Specific assembly directions are provided next to the template.

\*\*\*Please note: depending on your printer, you may need to reduce the size and custom print at 95% to include the full border.

## Card Details

Each Game Card has a counseling theme and is color AND number-coded, designed to use with any game that uses color or dice to direct how a game is played. The color and number-coded categories are as follows:

- 
- RED**  TOP 3: Player shares what their 3 best/3 favorite/3 highest ranked/"top 3" answers are.
  - BLUE**  COMPLETE IT: Player completes the sentence.
  - YELLOW**  TRUE or FALSE: Player responds to the statement with either "true" or "false."
  - GREEN**  WHAT IF: Player responds by answering what they would do in a particular situation.
  - PURPLE**  RISK: Player answers and/or follows the directions, many of which are experiential and role-play based.
  - ORANGE**  YOU JUST: Player places themselves in a situation that just happened and answer the prompt.
- 

There are 5 prompts/questions/challenges in each of the 6 sections. If you'd like to keep track of which prompts have been answered, simply check off the box to the left. This is where laminating the Game Card or using a sheet protector comes in handy; if you use a dry erase maker to check off the prompts, when the game is over, just erase the checkmarks and you are ready to reuse the Game Card for the next time.



## Ways to Play!

Choose the counseling topic you'd like to address for your individual or small group session. Then either set up the store-bought game you'd like to adapt or simply grab a dice (either a store-bought one or a DIY paper one provided in this resource) and/or Create Your Own School Counseling Game Board and pawns (also provided in this resource) and start playing!

The "rules" are simple.

To adapt a store-bought game, play as you normally would, only this time if the player, for example, draws a blue card (token, stick or block) or lands on a blue space, they would answer a prompt in the blue category. Or say the game is directed by the roll of a dice: if they roll a 3, for example, the player would answer a prompt in the number 3 category.

This resource is also designed work stand alone. One option is to simply take turns rolling the DIY dice and answer the corresponding prompts. Another option is to play using one of the Create Your Own School Counseling Game Boards. Roll either the numbered or colored dice and move the game pawn forward based on the number or color rolled.

A supplemental option is to use Pass Tickets in your game. For example, distribute 2 Pass Tickets to each player at the beginning of the game. If a player wishes to pass on answering the prompt, they can decline responding by using up one of their Pass Tickets, which can then be discarded in a used-up Pass Ticket pile.

## Additional Tips to Transform Store-Bought Games Into Therapeutic Interventions

For store-bought games that do not have obvious color or number-coding built into their design, consider using red, blue, yellow, green, purple and orange permanent markers to color code game pieces. Or adhere red, blue, yellow, green, purple and orange colored dot stickers onto tokens, cards, sticks or blocks.



# TIPS

To Use as a  
Therapeutic  
Intervention

## Rapport & Relationship Building:

Since we know that play is the language of children, what better way to build rapport and connection than through fun interaction? Games provide a medium to engage and communicate in a non-threatening way. When adults play with children (and adolescents) we send the message "I am here, present with you, meeting you where you are at AND I also really enjoy your company!" Fun interaction can also foster trust, which is key to any therapeutic (or caring) relationship. Plus, when used in a group, playing games help to forge connection through positive interaction between peers.

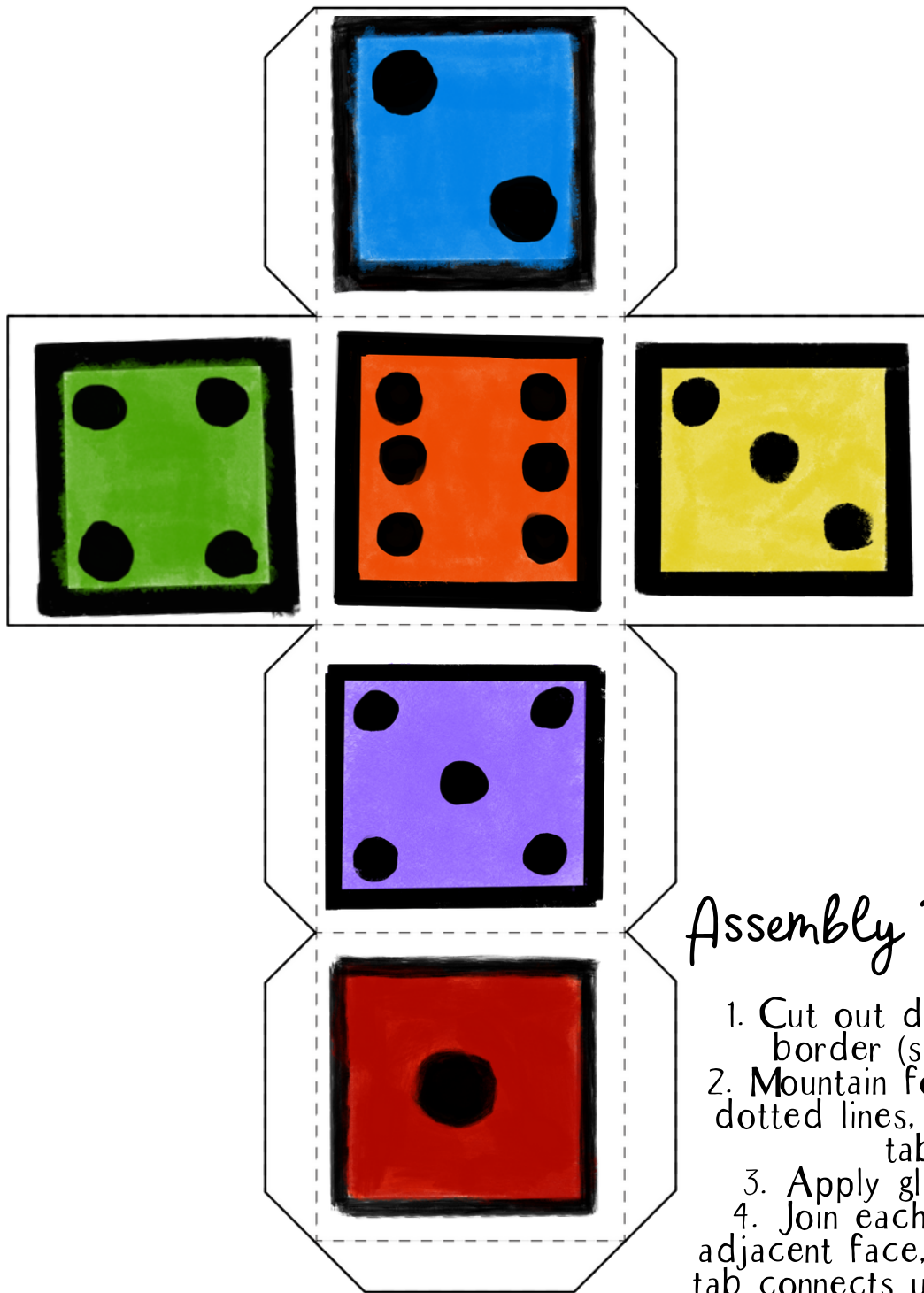
## Assessment:

When children (adolescents and adults, too!) experience something as fun, it takes some of the pressure off, increasing the likelihood of openness, honesty and disclosure. The [Create Your Own School Counseling Game](#) questions and prompts encourage players to express their unique voices and perceptions, with a primary focus on strengths, social supports, coping skills and other protective factors. Plus, the actual act of playing provides insight into their social skills, decision-making process, frustration tolerance, level of respect for rules & boundaries, and problem-solving abilities. For example, how do they: take turns, make eye-contact, follow and/or understand the rules, hold a conversation, handle losing -or- winning, think outside of the box, think ahead, encourage other players, express empathy, show adaptability, verbalize their feelings, express confidence, ask for help, ask questions, relate to others, express their creativity and vulnerability, etc.?

## Voice & Choice:

The open-ended nature of the questions and prompts invite players to express their ideas, feelings and ways of knowing themselves & the world. The [Create Your Own School Counseling Game](#) also empowers children (adolescents & adults) to not only choose how they are going to respond but also empowers them to decide whether or not they are going to respond, with the use of the Pass Tickets. If a player feels too uncomfortable or vulnerable, they have agency to decline responding. The Pass Tickets provide an opportunity to help players consider what their boundaries are and to also build their boundaries at the same time, too. When a player uses a Pass Ticket, it also gives some insight into what may be too hard for a player to vocalize.

# DIY Color & Number Dice

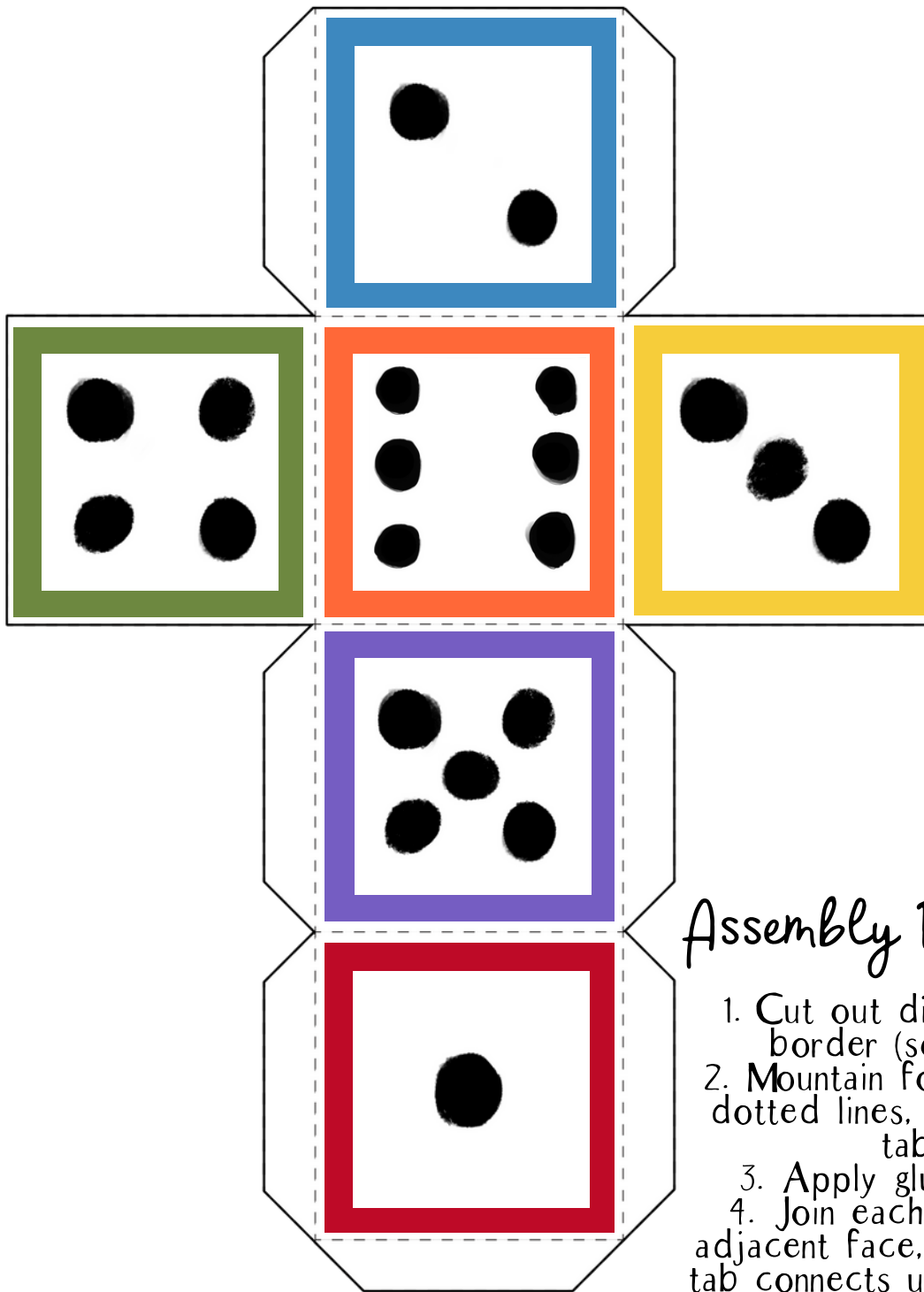


## Assembly Directions

1. Cut out dice along its border (solid line).
2. Mountain fold all inside, dotted lines, including the tabs.
3. Apply glue on tabs.
4. Join each tab to the adjacent face, so that each tab connects under the face of the dice, to form a cube.



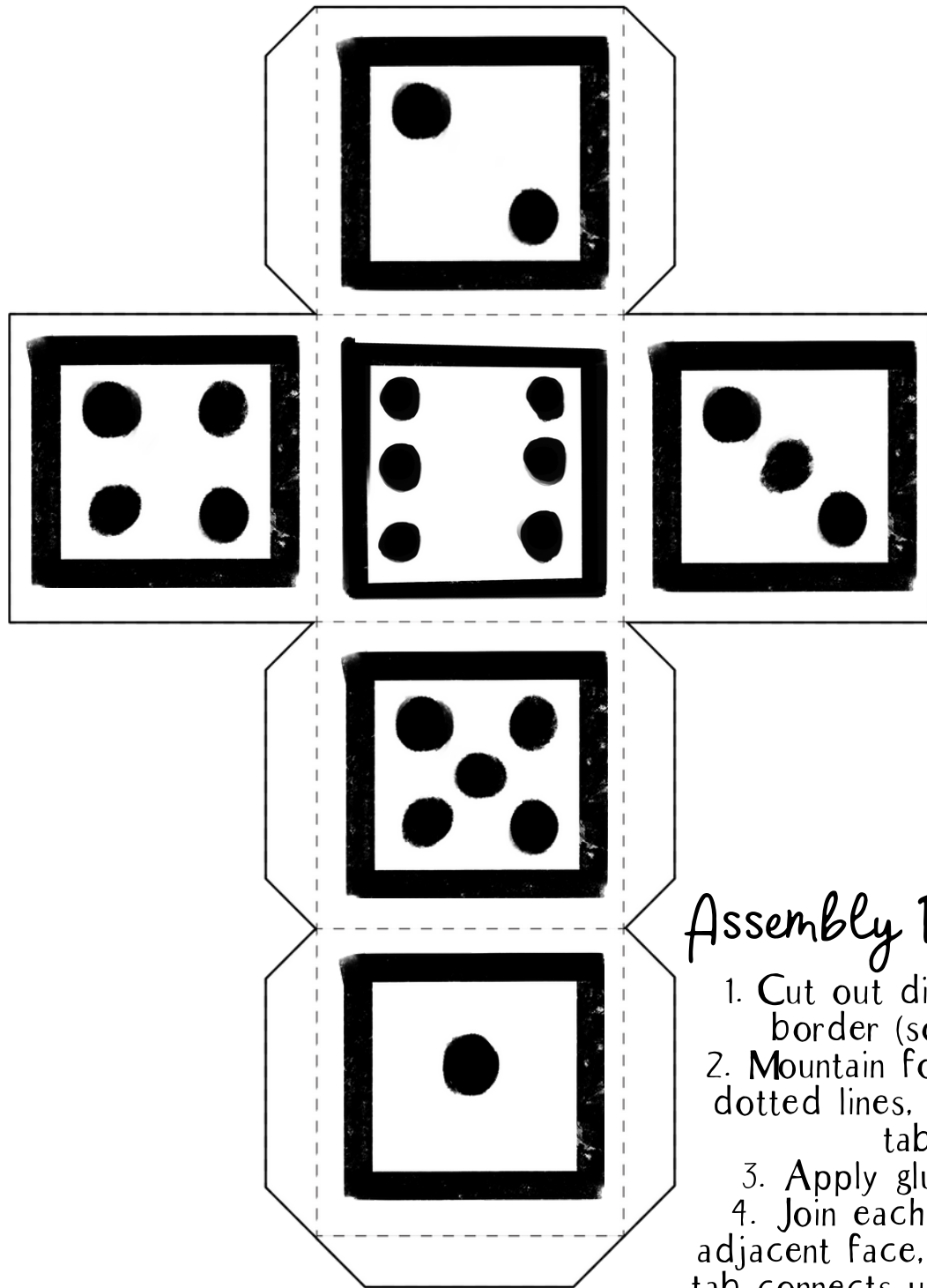
# DIY Light Color & Number Dice



## Assembly Directions

1. Cut out dice along its border (solid line).
2. Mountain fold all inside, dotted lines, including the tabs.
3. Apply glue on tabs.
4. Join each tab to the adjacent face, so that each tab connects under the face of the dice, to form a cube.

# DIY Black & White Number Dice



## Assembly Directions

1. Cut out dice along its border (solid line).
2. Mountain fold all inside, dotted lines, including the tabs.
3. Apply glue on tabs.
4. Join each tab to the adjacent face, so that each tab connects under the face of the dice, to form a cube.

# Pass Tickets: full color

PASS  
TICKET

PASS  
TICKET

PASS  
TICKET

PASS  
TICKET

PASS  
TICKET

PASS  
TICKET

PASS  
TICKET

PASS  
TICKET

PASS  
TICKET

PASS  
TICKET

PASS  
TICKET

PASS  
TICKET

PASS  
TICKET

PASS  
TICKET

PASS  
TICKET



# Pass Tickets: light color

PASS  
TICKET

PASS  
TICKET

PASS  
TICKET

PASS  
TICKET

PASS  
TICKET

PASS  
TICKET

PASS  
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PASS  
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PASS  
TICKET

PASS  
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PASS  
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PASS  
TICKET

# Pass Tickets: black/white

PASS  
TICKET

PASS  
TICKET

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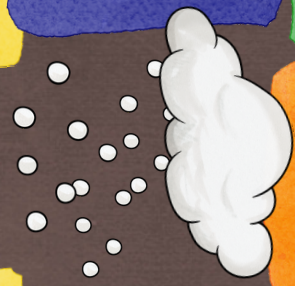
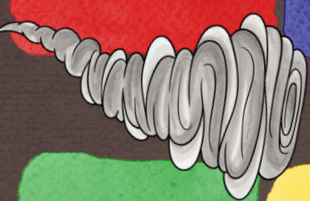
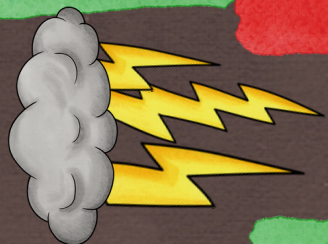
PASS  
TICKET

PASS  
TICKET

PASS  
TICKET



START



FINISH





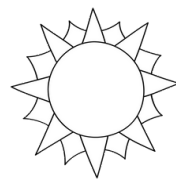
# Emotions Game Pawns: Color Sets

set #1 TIP: Pawns are small enough to lay flat on game board.



set #2 TIP: Try using with paper clips or small binder clips, standing pieces up.





START

True or  
False

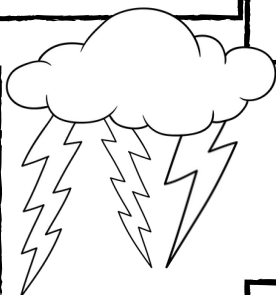
**What  
If**

you  
Just

Risk

Complete  
It

**Top 3**



**What  
If**

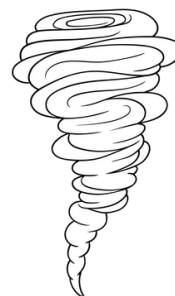
you  
Just

True or  
False

**What  
If**

you  
Just

Complete  
It



**Top 3**

True or  
False

**Top 3**

Risk

Complete  
It

**What  
If**

you  
Just

you  
Just



Complete  
It

**Top 3**

Risk

Risk

True or  
False

Risk

True or  
False

**What  
If**

Complete  
It

**Top 3**



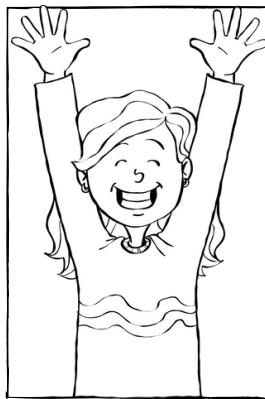
FINISH

# Emotions Game Pawns: Black/White Sets

set #1 TIP: Pawns are small enough to lay flat on game board.



set #2 TIP: Try using with paper clips or small binder clips, standing pieces up.





# ANGER



## Top 3!

- ☐ Top 3 Anger Triggers
- ☐ Top 3 Ways To Get Calm
- ☐ Top 3 Anger Synonyms
- ☐ Top 3 Signs You Are Feeling Angry
- ☐ Top 3 Healthy Ways To Relate To Anger.



## Complete It!

- ☐ "When I start to feel angry my body..."
- ☐ "What helps me when I feel angry is..."
- ☐ "Anger looks like..."
- ☐ "When I feel angry at school..."
- ☐ "When I feel angry at home..."



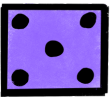
## True or False?

- ☐ It's okay to feel angry.
- ☐ Other people have control whether or not you get angry.
- ☐ It's a good idea to blame and/or make accusations when you feel angry.
- ☐ It's okay to hurt someone when you feel angry.
- ☐ It's healthy to say whatever you are thinking when you feel angry.



## What If...

- ☐ What if you were feeling angry, what is your favorite way to exercise to release tension?
- ☐ What if you were feeling angry at home, where could you go to take a break?
- ☐ What if anger was a color, what color would it be?
- ☐ What if you were feeling angry at school, where could you go to cool off?
- ☐ What if you acted out on your anger all the time, how might it impact your relationships?



## Risk!

- ☐ What do you look like when you feel angry? Show us!
- ☐ Taking slow, mindful breaths can help us cool off when we feel angry. Practice taking 10 slow, mindful breaths.
- ☐ What is a calming phrase you could tell yourself the next time you notice anger visiting you?
- ☐ What are 3 different stretches you can do when you feel tension from anger? Try them!
- ☐ If anger could talk, what might it say?



## You Just...

- ☐ You just got really mad, who could you turn to and ask for support or help?
- ☐ You just got really angry and feel like you want to break something, what could you do instead?
- ☐ You just said something hurtful to your friend out of anger, how could you make repairs?
- ☐ You just calmed your body & mind after you felt angry, what did you do?
- ☐ You just felt angry and told someone what you needed, what was it?



# COPING SKILLS



## Top 3!

- ☐ Top 3 Things You Are Grateful For (that you can remind yourself of when having a tough day)
- ☐ Top 3 Ways To Feel Calm
- ☐ Top 3 Ways To Treat Yourself with Kindness
- ☐ Top 3 Things That Make You Laugh
- ☐ Top 3 Coping Strategies



## Complete It!

- ☐ "My favorite way to exercise to feel better when I'm stressed out is..."
- ☐ "Someone I can turn to when I'm having a rough time is..."
- ☐ "Something at home that stresses me out is..."
- ☐ "When I feel upset I..."
- ☐ "Something at school that can be stressful is..."



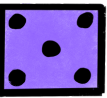
## True or False?

- ☐ Everyone experiences tough moments sometimes.
- ☐ Exercising, eating healthy & getting enough sleep help you to be more ready to deal with hard days.
- ☐ The thoughts you have about a situation influences how you feel about that situation.
- ☐ Taking slow, deep breaths is a helpful coping tool for you.
- ☐ Crying helps you feel better when you feel sad or frustrated.



## What If...

- ☐ What if you were feeling down and knew that doing an act of kindness would help, what would you do?
- ☐ What if the emotion sadness could talk, what might it tell you that you need?
- ☐ What if you were feeling overwhelmed, would cleaning, organizing or writing a to-do list help?
- ☐ What if your friend asked for advice about how to cope with anxiety, what would you say?
- ☐ What if you were feeling angry, what coping skill what help you the most?



## Risk!

- ☐ Close your eyes and send a kind and positive thought to yourself.
- ☐ Hum or sing out loud a song that makes you want to smile or dance.
- ☐ What are 3 questions you could ask someone that you'd like to be better friends with?
- ☐ Smile for 10 seconds and notice how you feel.
- ☐ Stretch for 20 seconds! How do you feel?



## You Just...

- ☐ You just got really upset, do you prefer being alone or with someone you trust?
- ☐ You just had a tough day at school, when you get home do you listen to music, write in a journal or play outside?
- ☐ You just got in a fight with a friend, do you go on a walk, read, or take deep breaths to help you get calm & centered?
- ☐ You just took slow, mindful breaths, what happened right before?
- ☐ You just felt better using your favorite coping skill, what did you do?



# FEELINGS



## Top 3!

- ☐ Top 3 Feelings You Like To Experience
- ☐ Top 3 Uncomfortable Feelings
- ☐ Top 3 Joyful Memories
- ☐ Top 3 Things That Can Stress You Out
- ☐ Top 3 Things You Feel Grateful For



## Complete It!

- ☐ "I feel happy when..."
- ☐ "A time I felt sad was when..."
- ☐ "Something that can get me angry is..."
- ☐ "I sometimes worry about..."
- ☐ "I feel loved when..."



## True or False?

- ☐ It is not okay to feel mad.
- ☐ Everyone expresses feelings the same way.
- ☐ Feelings can help you learn more about what you need.
- ☐ How we think about something can impact how we feel.
- ☐ Other people can make you feel a certain way.



## What If...

- ☐ What if you just won the school spelling bee, how might you feel?
- ☐ What if you were feeling stressed out, what is something kind you can do for yourself?
- ☐ What if your friend was feeling hurt or sad, how might you be able to tell?
- ☐ What if you were feeling annoyed or irritated, what might have just happened?
- ☐ What if you could choose to experience an emotion more often, which would it be?



## Risk!

- ☐ Make a sad face. Show us!
- ☐ What do you look like when you feel excited? Act it out!
- ☐ Without using words, how could someone tell you were feeling angry?
- ☐ Show us what your posture might look like if you were feeling proud.
- ☐ Pretend you are feeling bored, what would your facial expression look like?



## You Just...

- ☐ You just noticed you were feeling strong, what happened?
- ☐ You just cried, what might have happened?
- ☐ You just felt disappointed, what happened?
- ☐ You just felt your stomach hurt, what feeling might you be experiencing?
- ☐ You just screamed, what are two different emotions you might be experiencing?



# JOY and HAPPINESS



## Top 3!

- ☐ Top 3 Beautiful And/Or Amazing Things
- ☐ Top 3 Things In Life That Are Free
- ☐ Top 3 Things In Nature You Are Grateful For
- ☐ Top 3 Technologies
- ☐ Top 3 People Who Support You



## Complete It!

- ☐ "Life is awesome because..."
- ☐ "There is no one I'd rather be than myself because..."
- ☐ "A person I am thankful for is..."
- ☐ "One of the coolest things I have ever seen or experienced is..."
- ☐ "Happiness sounds like..."



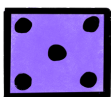
## True or False?

- ☐ You feel good when you think about what you are grateful for.
- ☐ You have at least one person in your life that you trust and enjoy spending time with.
- ☐ Focusing on the positive can influence how you feel about a situation.
- ☐ Visualizing a happy memory can comfort you when it's a tough day.
- ☐ You feel optimistic about the future.



## What If...

- ☐ What if you could thank someone right now, who would it be and for what?
- ☐ What if you just experienced the perfect weekend, what are 3 things that would have made it so great?
- ☐ What if you could play and/or do something right now that you enjoy, what would you be doing?
- ☐ What if someone asked you for advice about how to experience joy, what would you say?
- ☐ What if you could throw a party right now, what would you be celebrating?



## Risk!

- ☐ Act out a form of exercise that helps you to feel happy and energized.
- ☐ If you painted a picture of what happiness looks like, what would we see on the canvas?
- ☐ Helping others increases levels of happiness. Share about an act of kindness you have done recently.
- ☐ Share one great thing about school, home AND your community.
- ☐ Best thing about today so far...Share it!



## You Just...

- ☐ You just smiled because you saw something cute, what did you see?
- ☐ You just did something that you are really good at & feel proud about, what was it?
- ☐ You just remembered something that made you smile, what was it?
- ☐ You just spent time with someone whose company you enjoy, who was it?
- ☐ You just ate at your favorite restaurant, where were you?



# WORRY and ANXIETY

## Top 3!

- ☐ Top 3 Worries Or Fears
- ☐ Top 3 Ways To Get Calm When Feeling Worried
- ☐ Top 3 Ways Your Body Lets You Know You Are Worried
- ☐ Top 3 Kind Things You Can Tell Yourself When You Feel Worried
- ☐ Top 3 People Who Can Help When You Are Anxious

## True or False?

- ☐ It's normal to feel worried or anxious sometimes.
- ☐ Taking deep, slow breaths helps you when you feel worried.
- ☐ There are some situations that you worry about that you have no control over.
- ☐ You are stronger and braver than your fear.
- ☐ Worries can sometimes keep us safe.

## Risk!

- ☐ If your worry could talk, what would the worry be telling you that you need?
- ☐ What is something you worry about? Now practice telling that worry, "Take a break, worry. You are working way too hard."
- ☐ Close your eyes and visualize a calm, peaceful and happy place that you can conjure up the next time you feel worried.
- ☐ One of the best ways to manage anxiety is to take deep, slow breaths. Practice zooming your attention on at least 10 mindful breaths.
- ☐ Act out one of your favorite ways to exercise, which helps you to release anxious tension.

## Complete It!

- ☐ "Something that I sometimes worry about school is..."
- ☐ "Something that I sometimes worry about my family is..."
- ☐ "One way I can take care of myself when I feel anxious about something is to..."
- ☐ "The last time I felt worried, some of my thoughts were..."
- ☐ "One fear that I've had that never came true was..."

## What If...

- ☐ What if you were worried about something at home, who could you get help from?
- ☐ What if you started to feel worried about something you have no control over. What would help more: read a book, draw or take a walk/play outside?
- ☐ What if you were worried about not doing well in school. What thought is more helpful: "I can do this," or "I'll never learn this."
- ☐ What if you thought, "My teacher doesn't like me because she didn't call on me today." What is a more helpful perspective you could have instead?
- ☐ What if your good friend was worried about a problem, what advice would you give them about how to deal with that anxiety?

## You Just...

- ☐ You just felt your stomach rumble with worry, how can you calm your body?
- ☐ You just thought to yourself, "What if I never make any friends?" How can you change that negative thought to a more helpful and positive one?
- ☐ You just thanked your worry for helping you out. What did the worry try to help you with?
- ☐ You just got assigned an oral presentation to do in front of the class and feel worried you will mess up, how can prepare yourself so you are more in charge of this fear?
- ☐ You just overcame one of your fears. What did you do?



# ANGER



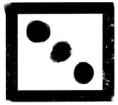
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## Complete It!

- ☐ "When I start to feel angry my body..."
- ☐ "What helps me when I feel angry is..."
- ☐ "Anger looks like..."
- ☐ "When I feel angry at school..."
- ☐ "When I feel angry at home..."



## True or False?

- ☐ It's okay to feel angry.
- ☐ Other people have control whether or not you get angry.
- ☐ It's a good idea to blame and/or make accusations when you feel angry.
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## What If...

- ☐ What if you were feeling angry, what is your favorite way to exercise to release tension?
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## Risk!

- ☐ What do you look like when you feel angry? Show us!
- ☐ Taking slow, mindful breaths can help us cool off when we feel angry. Practice taking 10 slow, mindful breaths.
- ☐ What is a calming phrase you could tell yourself the next time you notice anger visiting you?
- ☐ What are 3 different stretches you can do when you feel tension from anger? Try them!
- ☐ If anger could talk, what might it say?



## You Just...

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- ☐ You just calmed your body & mind after you felt angry, what did you do?
- ☐ You just felt angry and told someone what you needed, what was it?

# COPING SKILLS

## Top 3!

- ☐ Top 3 Things You Are Grateful For (that you can remind yourself of when having a tough day)
- ☐ Top 3 Ways To Feel Calm
- ☐ Top 3 Ways To Treat Yourself with Kindness
- ☐ Top 3 Things That Make You Laugh
- ☐ Top 3 Coping Strategies

## Complete It!

- ☐ "My favorite way to exercise to feel better when I'm stressed out is..."
- ☐ "Someone I can turn to when I'm having a rough time is..."
- ☐ "Something at home that stresses me out is..."
- ☐ "When I feel upset I..."
- ☐ "Something at school that can be stressful is..."

## True or False?

- ☐ Everyone experiences tough moments sometimes.
- ☐ Exercising, eating healthy & getting enough sleep help you to be more ready to deal with hard days.
- ☐ The thoughts you have about a situation influences how you feel about that situation.
- ☐ Taking slow, deep breaths is a helpful coping tool for you.
- ☐ Crying helps you feel better when you feel sad or frustrated.

## What If...

- ☐ What if you were feeling down and knew that doing an act of kindness would help, what would you do?
- ☐ What if the emotion sadness could talk, what might it tell you that you need?
- ☐ What if you were feeling overwhelmed, would cleaning, organizing or writing a to-do list help?
- ☐ What if your friend asked for advice about how to cope with anxiety, what would you say?
- ☐ What if you were feeling angry, what coping skill what help you the most?

## Risk!

- ☐ Close your eyes and send a kind and positive thought to yourself.
- ☐ Hum or sing out loud a song that makes you want to smile or dance.
- ☐ What are 3 questions you could ask someone that you'd like to be better friends with?
- ☐ Smile for 10 seconds and notice how you feel.
- ☐ Stretch for 20 seconds! How do you feel?

## You Just...

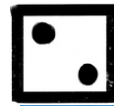
- ☐ You just got really upset, do you prefer being alone or with someone you trust?
- ☐ You just had a tough day at school, when you get home do you listen to music, write in a journal or play outside?
- ☐ You just got in a fight with a friend, do you go on a walk, read, or take deep breaths to help you get calm & centered?
- ☐ You just took slow, mindful breaths, what happened right before?
- ☐ You just felt better using your favorite coping skill, what did you do?

# FEELINGS



## Top 3!

- ☐ Top 3 Feelings You Like To Experience
- ☐ Top 3 Uncomfortable Feelings
- ☐ Top 3 Joyful Memories
- ☐ Top 3 Things That Can Stress You Out
- ☐ Top 3 Things You Feel Grateful For



## Complete It!

- ☐ "I feel happy when..."
- ☐ "A time I felt sad was when..."
- ☐ "Something that can get me angry is..."
- ☐ "I sometimes worry about..."
- ☐ "I feel loved when..."



## True or False?

- ☐ It is not okay to feel mad.
- ☐ Everyone expresses feelings the same way.
- ☐ Feelings can help you learn more about what you need.
- ☐ How we think about something can impact how we feel.
- ☐ Other people can make you feel a certain way.



## What If...

- ☐ What if you just won the school spelling bee, how might you feel?
- ☐ What if you were feeling stressed out, what is something kind you can do for yourself?
- ☐ What if your friend was feeling hurt or sad, how might you be able to tell?
- ☐ What if you were feeling annoyed or irritated, what might have just happened?
- ☐ What if you could choose to experience an emotion more often, which would it be?



## Risk!

- ☐ Make a sad face. Show us!
- ☐ What do you look like when you feel excited? Act it out!
- ☐ Without using words, how could someone tell you were feeling angry?
- ☐ Show us what your posture might look like if you were feeling proud.
- ☐ Pretend you are feeling bored, what would your facial expression look like?



## You Just...

- ☐ You just noticed you were feeling strong, what happened?
- ☐ You just cried, what might have happened?
- ☐ You just felt disappointed, what happened?
- ☐ You just felt your stomach hurt, what feeling might you be experiencing?
- ☐ You just screamed, what are two different emotions you might be experiencing?



# JOY & HAPPINESS



## Top 3!

- ☐ Top 3 Beautiful And/Or Amazing Things
- ☐ Top 3 Things In Life That Are Free
- ☐ Top 3 Things In Nature You Are Grateful For
- ☐ Top 3 Technologies
- ☐ Top 3 People Who Support You



## Complete It!

- ☐ "Life is awesome because..."
- ☐ "There is no one I'd rather be than myself because..."
- ☐ "A person I am thankful for is..."
- ☐ "One of the coolest things I have ever seen or experienced is..."
- ☐ "Happiness sounds like..."



## True or False?

- ☐ You feel good when you think about what you are grateful for.
- ☐ You have at least one person in your life that you trust and enjoy spending time with.
- ☐ Focusing on the positive can influence how you feel about a situation.
- ☐ Visualizing a happy memory can comfort you when it's a tough day.
- ☐ You feel optimistic about the future.



## What If...

- ☐ What if you could thank someone right now, who would it be and for what?
- ☐ What if you just experienced the perfect weekend, what are 3 things that would have made it so great?
- ☐ What if you could play and/or do something right now that you enjoy, what would you be doing?
- ☐ What if someone asked you for advice about how to experience joy, what would you say?
- ☐ What if you could throw a party right now, what would you be celebrating?



## Risk!

- ☐ Act out a form of exercise that helps you to feel happy and energized.
- ☐ If you painted a picture of what happiness looks like, what would we see on the canvas?
- ☐ Helping others increases levels of happiness. Share about an act of kindness you have done recently.
- ☐ Share one great thing about school, home AND your community.
- ☐ Best thing about today so far...Share it!



## You Just...

- ☐ You just smiled because you saw something cute, what did you see?
- ☐ You just did something that you are really good at & feel proud about, what was it?
- ☐ You just remembered something that made you smile, what was it?
- ☐ You just spent time with someone whose company you enjoy, who was it?
- ☐ You just ate at your favorite restaurant, where were you?



# WORRY & ANXIETY

## Top 3!

- ☐ Top 3 Worries Or Fears
- ☐ Top 3 Ways To Get Calm When Feeling Worried
- ☐ Top 3 Ways Your Body Lets You Know You Are Worried
- ☐ Top 3 Kind Things You Can Tell Yourself When You Feel Worried
- ☐ Top 3 People Who Can Help When You Are Anxious

## Complete It!

- ☐ "Something that I sometimes worry about school is..."
- ☐ "Something that I sometimes worry about my family is..."
- ☐ "One way I can take care of myself when I feel anxious about something is to..."
- ☐ "The last time I felt worried, some of my thoughts were..."
- ☐ "One fear that I've had that never came true was..."

## True or False?

- ☐ It's normal to feel worried or anxious sometimes.
- ☐ Taking deep, slow breaths helps you when you feel worried.
- ☐ There are some situations that you worry about that you have no control over.
- ☐ You are stronger and braver than your fear.
- ☐ Worries can sometimes keep us safe.

## What If...

- ☐ What if you were worried about something at home, who could you get help from?
- ☐ What if you started to feel worried about something you have no control over. What would help more: read a book, draw or take a walk/play outside?
- ☐ What if you were worried about not doing well in school. What thought is more helpful: "I can do this," or "I'll never learn this."
- ☐ What if you thought, "My teacher doesn't like me because she didn't call on me today." What is a more helpful perspective you could have instead?
- ☐ What if your good friend was worried about a problem, what advice would you give them about how to deal with that anxiety?

## Risk!

- ☐ If your worry could talk, what would the worry be telling you that you need?
- ☐ What is something you worry about? Now practice telling that worry, "Take a break, worry. You are working way too hard."
- ☐ Close your eyes and visualize a calm, peaceful and happy place that you can conjure up the next time you feel worried.
- ☐ One of the best ways to manage anxiety is to take deep, slow breaths. Practice zooming your attention on at least 10 mindful breaths.
- ☐ Act out one of your favorite ways to exercise, which helps you to release anxious tension.

## You Just...

- ☐ You just felt your stomach rumble with worry, how can you calm your body?
- ☐ You just thought to yourself, "What if I never make any friends?" How can you change that negative thought to a more helpful and positive one?
- ☐ You just thanked your worry for helping you out. What did the worry try to help you with?
- ☐ You just got assigned an oral presentation to do in front of the class and feel worried you will mess up, how can prepare yourself so you are more in charge of this fear?
- ☐ You just overcame one of your fears. What did you do?

# ANGER

## RED Top 3!

- ☐ Top 3 Anger Triggers
- ☐ Top 3 Ways to Get Calm
- ☐ Top 3 Anger Synonyms
- ☐ Top 3 Signs You Are Feeling Angry
- ☐ Top 3 Healthy Ways To Relate To Anger.

## YELLOW True or False?

- ☐ It's okay to feel angry.
- ☐ Other people have control whether or not you get angry.
- ☐ It's a good idea to blame and/or make accusations when you feel angry.
- ☐ It's okay to hurt someone when you feel angry.
- ☐ It's healthy to say whatever you are thinking when you feel angry.

## PURPLE Risk!

- ☐ What do you look like when you feel angry? Show us!
- ☐ Taking slow, mindful breaths can help us cool off when we feel angry. Practice taking 10 slow, mindful breaths.
- ☐ What is a calming phrase you could tell yourself the next time you notice anger visiting you?
- ☐ What are 3 different stretches you can do when you feel tension from anger? Try them!
- ☐ If anger could talk, what might it say?

## BLUE Complete It!

- ☐ "When I start to feel angry my body..."
- ☐ "What helps me when I feel angry is..."
- ☐ "Anger looks like..."
- ☐ "When I feel angry at school..."
- ☐ "When I feel angry at home..."

## GREEN What If...

- ☐ What if you were feeling angry, what is your favorite way to exercise to release tension?
- ☐ What if you were feeling angry at home, where could you go to take a break?
- ☐ What if anger was a color, what color would it be?
- ☐ What if you were feeling angry at school, where could you go to cool off?
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## ORANGE You Just...

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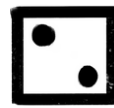


# FEELINGS



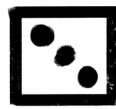
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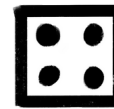
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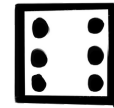
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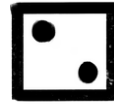
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# JOY & HAPPINESS



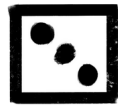
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# WORRY & ANXIETY



## RED Top 3!

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- ☐ Top 3 Ways To Get Calm When Feeling Worried
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## BLUE Complete It!

- ☐ "Something that I sometimes worry about school is..."
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- ☐ "The last time I felt worried, some of my thoughts were..."
- ☐ "One fear that I've had that never came true was..."



## YELLOW True or False?

- ☐ It's normal to feel worried or anxious sometimes.
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- ☐ You just overcame one of your fears. What did you do?



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