💛 FEELINGS & EMOTIONS

Feeling Angry?

It's okay to feel mad — let's cool down together!

✏️ Draw a line from each mad moment to a calm-down tool!

😠 My tower fell down! — I feel MAD	🎨 Draw a picture — scribble it out!
😡 He took my toy! — I feel FURIOUS	🧸 Hug teddy — squeeze tight!
😠 I can't do it! — I feel MAD	🫧 Blow bubbles — breathe out slow
😡 Time to stop playing! — I feel FURIOUS	🌳 Take a walk — step outside

👨‍👧 Parent key (any calm-down tool is a great choice!): Tower fell → Blow bubbles • Toy taken → Hug teddy • Can't do it → Take a walk • Stop playing → Draw a picture

🌟 Great job cooling down! Big mad feelings always get smaller. 💗