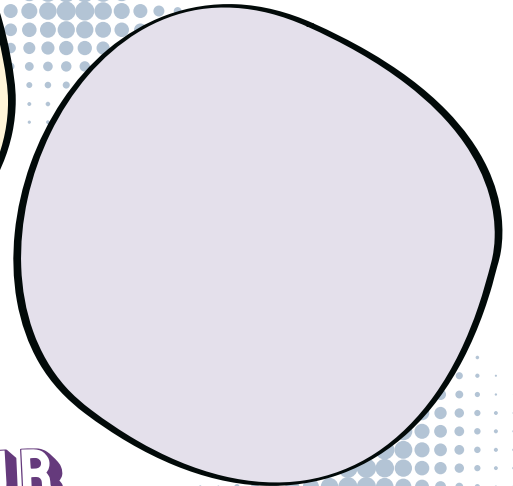
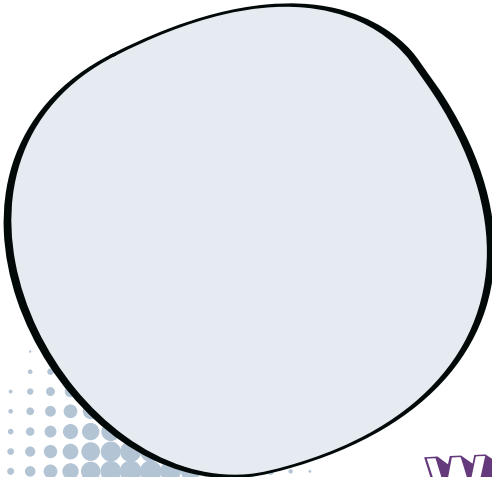
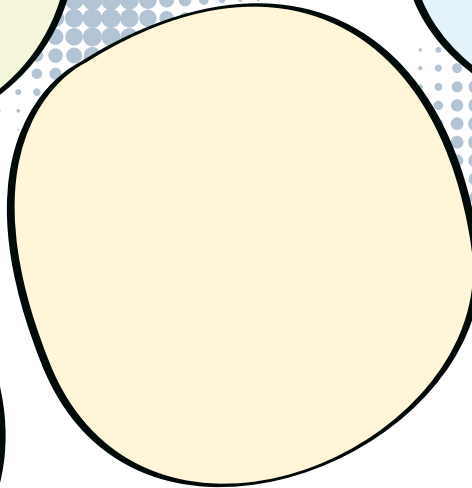
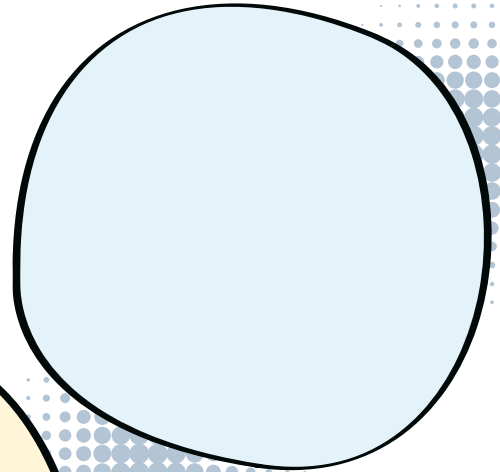
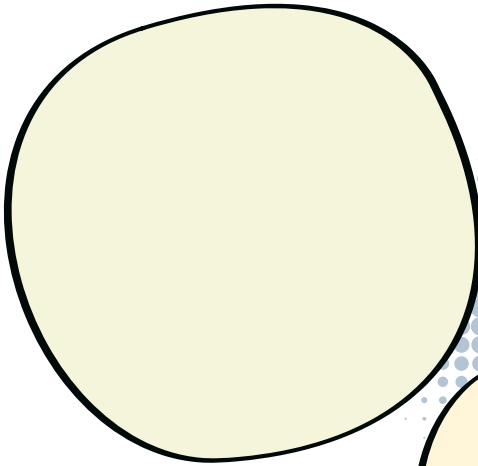


All Feelings are OK

In the circles below draw pictures or write down different **DIFFICULT FEELINGS**.
Talk about how you can deal with each one.



**IT'S WHAT
WE DO WITH OUR
FEELINGS THAT COUNTS!**

Never use feelings
as an excuse to hurt
others or yourself!
Use coping skills to
manage them.

Can you list some
coping skills here?

All Feelings are OK

Give examples if the child is stuck.

Give examples of coping mechanisms/calming down strategies if they need support.

Reiterate the importance of not using their feelings as an excuse to hurt anyone or themselves.

Has this ever happened to them before, can they talk about it?