

I FEEL

I NEED TO

Overwhelmed

take a deep breath and think about one thing at a time

Sad

write down how I'm feeling or talk to a friend or grown-up about what is making me feel sad.

Angry

take a step back, and think about how I can have a calm conversation about why I am angry

Drained

rest and recharge by lying down or resting without a screen for a few minutes

Frustrated

calm down by taking a water break, a few deep breaths, and then try again

Restless

take a walk around my neighborhood or turn on some music and dance