

Name: _____

WHAT TO DO WHEN A WEED TRIES TO TAKE OVER

A 'weed' can lead to big feelings that seem to take over our body. It can be anger, worry, or sadness. But don't worry-you can calm it down!

Step 1: What is your BIG feeling? Circle one or write your big feeling:



Sad



Mad



Scared



Worried



Embarrassed

Step 2: Pick your calming tool: Chose 2 or 3 things to help you feel better.
Circle what you try:

Take 5 slow breaths in and out. 



Write or draw a picture of how you feel.

Listen to music or hum a song.



Hold or touch something that feels nice.

Say something kind to yourself like "I am okay."



Read a book or look at a picture book.

Squeeze your hands tight, then let go. Do this 3 times.



Close your eyes and imagine your happy place.

Ask a teacher or friend for help.



Step 3: How do you feel now? Circle how you feel:



A lot better!



A little better.



Still upset.

You are learning how to take care of your feelings. Keep planting good seeds!