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:







Mad



Scared



Worried



Embarrassed

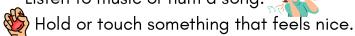
Step 2: Pick your calming tool: Chose 2 or 3 things to help you feel better. Circle what you try:

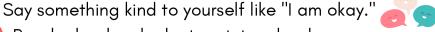
Take 5 slow breaths in and out. (2) (2) (2) (2) (3)



Write or draw a picture of how you feel.

Listen to music or hum a song.







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!





Still upset.

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