

Name: _____

WHEN WEEDS SEEM TO TAKE OVER - CALMING STRATEGIES

A weed can cause us to feel upset, angry, worried, or out of control. When it starts to take over, we can choose a tool to help us feel calm again.

Step 1: Name Your Feeling: What is the feeling or thought that's taking over right now?

Circle or write your big feeling:

Anger Sadness Worry Frustration Embarrassment Shame Other:

Step 2: Choose a Calming Strategy: Pick 2-3 of the strategies below to try. Put a checkmark next to each one 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: Reflect

- How do you feel now?

☐ A lot better! ☐ A little better. ☐ Still upset.

- Would you try this again next time a hurtful weed tries to take over?

☐ Yes ☐ Maybe ☐ No

"When weed seem to take over, they hurt us and other others too. Those untrue thoughts that grow into actions do not belong in me or you."