

When I Feel Worried

I CAN TALK TO...

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I CAN TRY THIS BREATHING
ACTIVITY...

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I CAN TELL MYSELF...

- This is tough but so am I
- I can always ask for help
- I can focus on things I can control

- _____
- _____

I CAN MOVE MY BODY BY...

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I CAN LISTEN TO...

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I can go outside and...

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Blank space for writing.

I CAN TRY THESE THINGS TO FEEL BETTER

Give someone a hug

Write in a journal

Read my favorite book

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Adapted from: BigLifeJournal

