

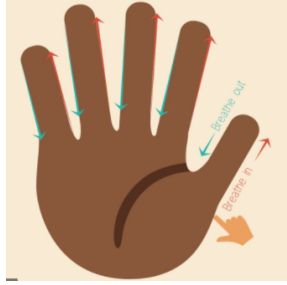


WHEN I FEEL WORRIED

I can talk to:



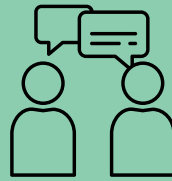
I can try this breathing activity:



I can tell myself:

- This is tough, but so am I!
- I can always ask for help.
- I can focus on the things I can control.
- I am enough.

What advice would I give to a friend with this worry?



I can try these things to feel better

Write it down

Have a snack

Breathe slowly

Mindful Mat

Take a break

I can think of something that makes me happy.

I can move my body by:

- Doing chair or wall pushes
- Asking for a movement break
- Using the movement mat
- pushing my palms together
- Stretching my body

