

WIPE AWAY THE FEELINGS!



healthy
body



happy
life

SUGGESTIONS:

- Take a quiet moment -free from distractions of technology. Recall when you had strong feelings or reactions to someone or something. Draw or write it above with a dri-erase marker showing how you felt.
- Now think of some ways you control your emotions and get to calm. NEXT - Wipe away your first drawing.
- Write or draw a new picture showing a positive solution and how you would handle it again. Be creative ---- think of all possible solutions or ways to handle the event and control your emotions.
- LAST --- draw or write a reminder of how to stay calm when your feelings are near boiling. (PLACE THIS MAT WHERE YOU CAN SEE IT)



healthy
mind

Do this activity after school to help your brain work out anything that happened at school, or at bedtime to help prep for sleep. This can also help clear the brain to better focus on homework!

Love
yourself
enough
to live
a healthy
lifestyle.