

Taking Care of Me

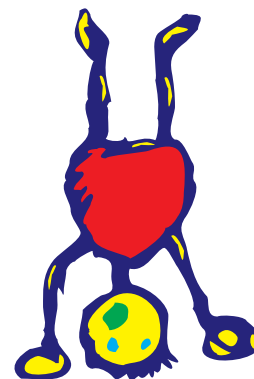
When I'm feeling tense and upset I can:

- Sing, jump, go for a walk, run or ride my bike
 - Play with a pet or a ball
 - Look at a book or draw a picture
 - Talk to someone I like
 - Listen to music
 - (Add your own favourite things to do)
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To help myself feel better, I can:

- Go to sleep
 - Take some time out or enjoy quiet time
 - Talk to my stuffed animals
 - Talk nicely to myself
 - Put school things together the night before
 - Find something to enjoy each day
 - Do stretching or deep breathing to calm down
 - Punch or snuggle my pillow
 - (Add your own favourite things to do)
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