

Stress Management

what can help you feel better when you are sad?	Clench Fists	Name 1 thing you can taste	do a finger breathe	Share one happy memory
How does your body feel when you are happy?	what can help you feel better when you are angry?	Use Positive Self-affirmation	Describe Surroundings	Write your feelings
name 5 things you can see in the classroom	what makes you angry	FREE	Eyes close & Count to 10 slowly	Name 4 things that are red in colour
Name 4 things you can feel	name 5 body parts	Name 5 Things you See	Name 3 you things can hear	Trace your hand
Name 2 things you can smell	How does your body feel when you are angry?	Visualize and share a calm & peaceful place	what makes you smile today	How does your body feel when you are sad?

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what makes you angry	Describe Surroundings	do a finger breathe	How does your body feel when you are happy?	Use Positive Self-affirmation
Name 1 thing you can taste	what makes you smile today	Share one happy memory	How does your body feel when you are angry?	Write your feelings
Name 4 things you can feel	Eyes close & Count to 10 slowly	FREE	Name 4 things that are red in colour	Clench Fists
Name 3 you things can hear	Visualize and share a calm & peaceful place	what can help you feel better when you are sad?	How does your body feel when you are sad?	name 5 body parts
Name 5 Things you See	Trace your hand	name 5 things you can see in the classroom	what can help you feel better when you are angry?	Name 2 things you can smell

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How does your body feel when you are angry?	Visualize and share a calm & peaceful place	Describe Surroundings	Trace your hand	Eyes close & Count to 10 slowly
what can help you feel better when you are sad?	Name 4 things you can feel	Name 5 Things you See	what can help you feel better when you are angry?	Share one happy memory
name 5 things you can see in the classroom	How does your body feel when you are sad?	FREE	name 5 body parts	Name 3 you things can hear
what makes you angry	Write your feelings	do a finger breathe	what makes you smile today	Name 1 thing you can taste
Name 4 things that are red in colour	Clench Fists	Use Positive Self-affirmation	How does your body feel when you are happy?	Name 2 things you can smell