

COMMUNICATION SKILLS

Talk about a bad dream	Ask for Help	I am capable of _____ !	Share something that made you laugh	Name a time you were brave
Give some encouragement	Take a big deep breath	Say I need because _____	Ask for help in a complete sentence	Share a time you felt happy
Show a coping skill	Talk about bedtime routine	FREE	Do a silly dance	Name a time you felt annoyed
Name a time you felt grateful	Share why you felt scared	Name a time you felt tired	Name a person who can help	Name something that makes me mad
Name a Time I felt scared	Give a compliment	Say how I Feel Today	Think of something to help - scared	Give yourself a hug

COMMUNICATION SKILLS

Talk about bedtime routine	Ask for help in a complete sentence	Share something that made you laugh	Give some encouragement	Say I need because _____
I am capable of _____ !	Think of something to help - scared	Name a time you were brave	Give a compliment	Share a time you felt happy
Name a time you felt grateful	Do a silly dance	FREE	Name a time you felt annoyed	Ask for Help
Name a person who can help	Say how I Feel Today	Talk about a bad dream	Give yourself a hug	Share why you felt scared
Name a time you felt tired	Name something that makes me mad	Show a coping skill	Take a big deep breath	Name a Time I felt scared

COMMUNICATION SKILLS

Give a compliment	Say how I Feel Today	Ask for help in a complete sentence	Name something that makes me mad	Do a silly dance
Talk about a bad dream	Name a time you felt grateful	Name a time you felt tired	Take a big deep breath	Name a time you were brave
Show a coping skill	Give yourself a hug	FREE	Share why you felt scared	Name a person who can help
Talk about bedtime routine	Share a time you felt happy	Share something that made you laugh	Think of something to help - scared	I am capable of _____ !
Name a time you felt annoyed	Ask for Help	Say I need because _____	Give some encouragement	Name a Time I felt scared