

# Emotions cards



sad



destroyed property



saying sorry



going to the quiet spot

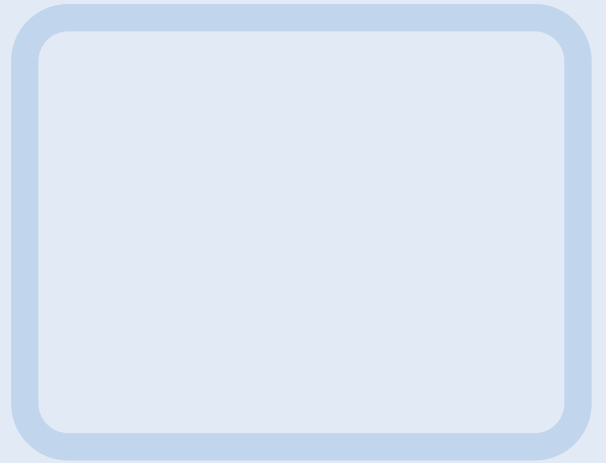
I was feeling.....

A yellow rounded rectangle box with a yellow border, intended for writing a response to the prompt 'I was feeling.....'.

Because I felt this way I .....

A teal rounded rectangle box with a teal border, intended for writing a response to the prompt 'Because I felt this way I .....'.

I can make the situation better by .....

A light blue rounded rectangle box with a light blue border, intended for writing a response to the prompt 'I can make the situation better by .....'.

The next time I feel this way I can .....

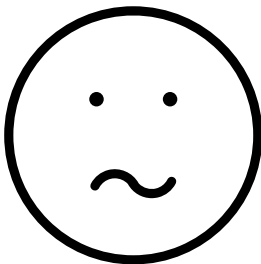
A light orange rounded rectangle box with a light orange border, intended for writing a response to the prompt 'The next time I feel this way I can .....'.



angry



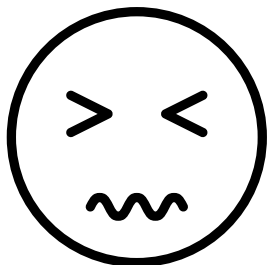
sad



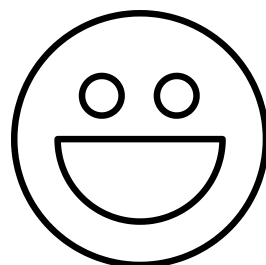
confused



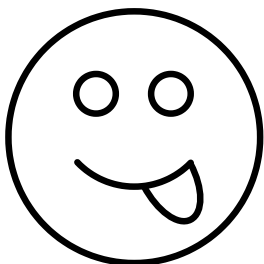
scared



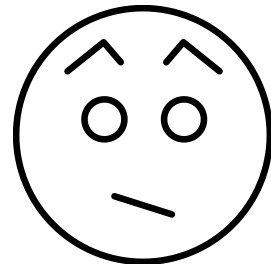
frustrated



excited



silly



lost



said bad words



shouted



destroyed property



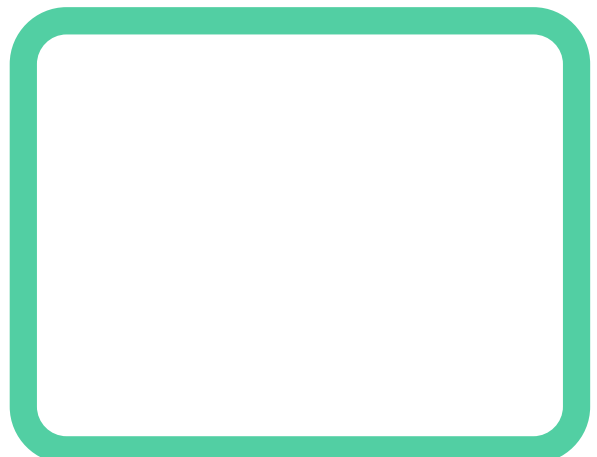
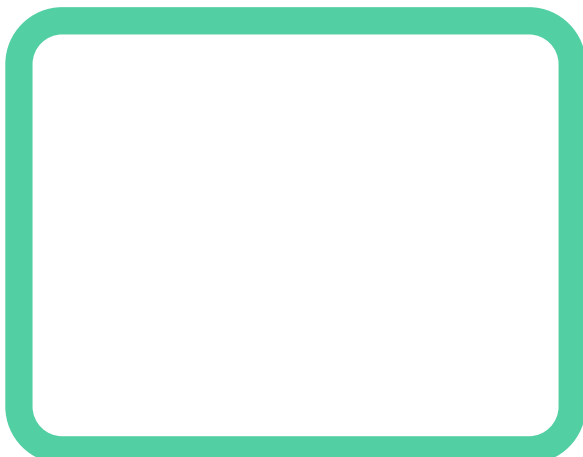
ran away



left the classroom



got in a fight

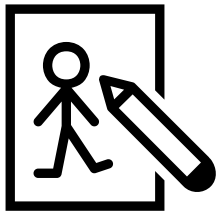




saying sorry



writing a letter



drawing a picture



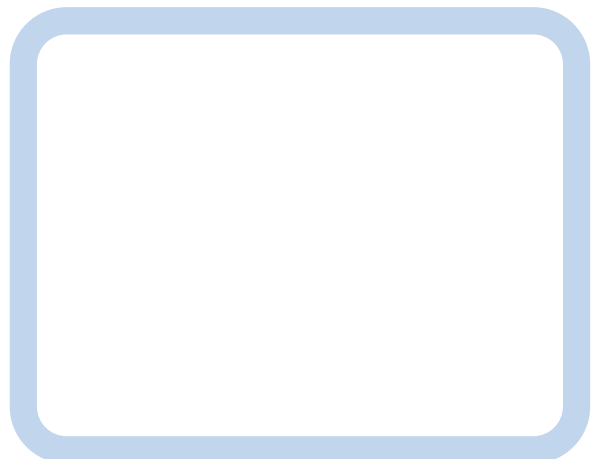
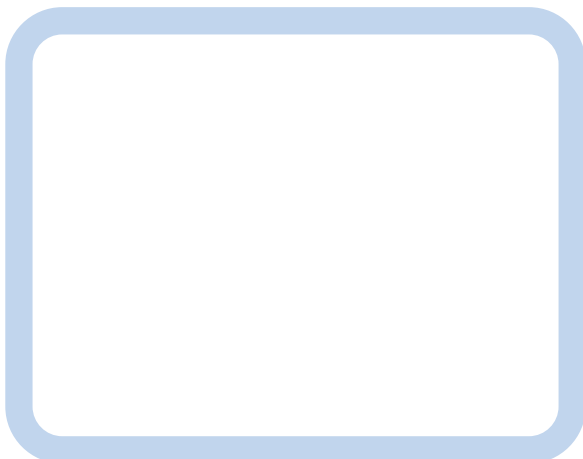
tidying up



doing something nice



doing my work





walking away



meditating



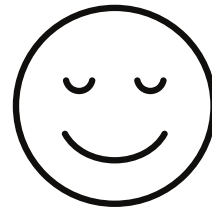
asking for help



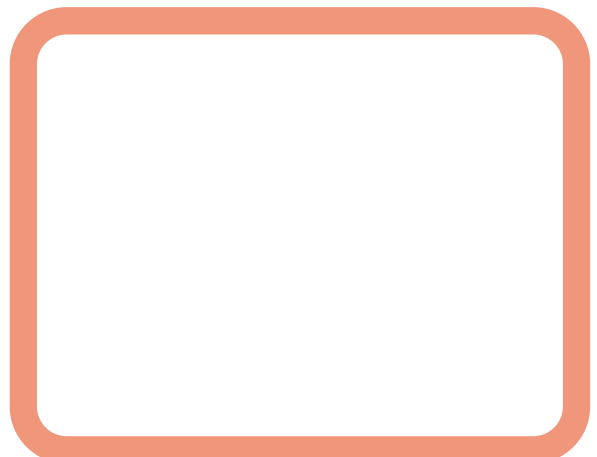
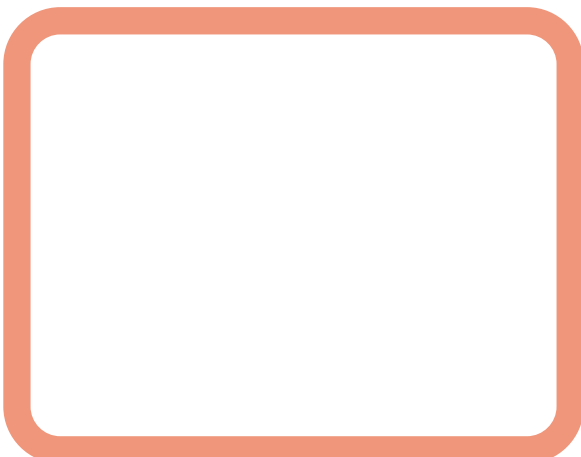
compromising



taking a break



going to the quiet spot



I need to go to the  
quiet spot



I need to go to the  
quiet spot

