

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)



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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