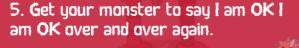
Anger Monster emergency tool kit



4. Go outside and blow your anger out

3.Run on the spot as fast as you can

2.Scribble your anger

I. Squeeze your whole body as tight as you can and let it go

nger Emergency tool kit

Emergency tool kit

I. Say to yourself, I am brave, I am brave

Emergency tool kit

I. Blow your worries into a balloon and let

2. Imagine your worries are very small,

3. Imagine you are floating on a cloud and

4. Talk to someone about your worries

Anxiety Monster emergency tool kit

5. Breathe in and let your shoulders relax

them Float

make them shrink

drifting away

Juede sõaj pue sdiy unoh uo spuey unofi yow asod Jamod e ul puezor

3. Take 5 deep breaths

et\

xelah bre ues not se subis se tipog unot azaanbs "H

ues noti se filmois se i os or would sunos s

Sadness Monster emergency tool kit

Emergency tool kit SSAUC

fund e flasmoup avia

2. Sing or hum a happy tue

peck sug yolg for five condic 3. Scand up call and roll your shoulders

sace huung ling .P

fiddeu כי דאוואג שמטעל לאוואל לאווא אוואג אוואגע אווא אוואגע א אוואגע אוואגע

rear Monster emergency tool kit







