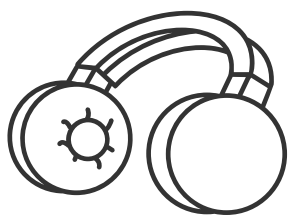


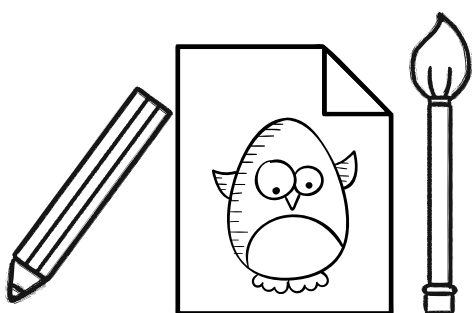
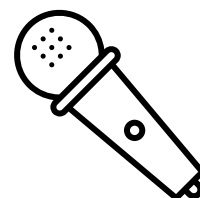
When Feelings Feel Too Big

If our feelings start to feel like they're getting too big, there are things we can do to help ourselves. Which things work best for you?



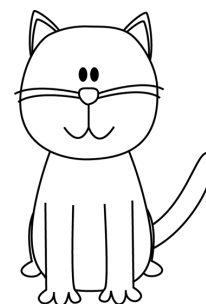
Listen to music

Sing a song



Create some artwork

Stroke or play with a pet



Dance or move your body

Clench your fists and then relax them

