

# In My Feelings

COOL DOWN WORKBOOK



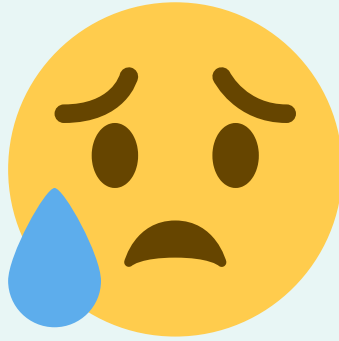
This Book Belongs to:



# Currently I'm Feeling...



Happy



Sad



Confused



Frustrated



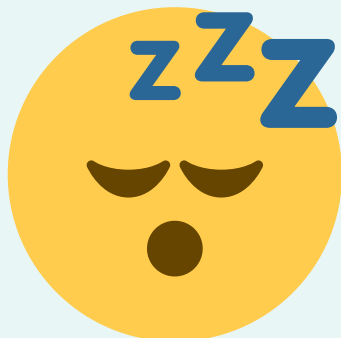
Disappointed



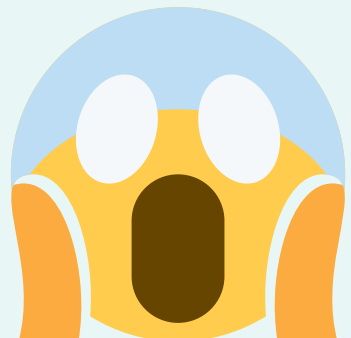
Angry



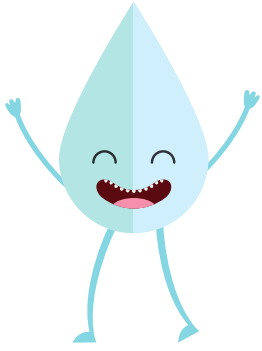
Embarrassed



Tired



Scared



# The Cool Down

## Method I Choose is...

- 1 Ask for a hug
- 2 Yoga stretches
- 3 Take 10 deep breaths
- 4 Grab a drink of water
- 5 Count to 10 out loud
- 6 Positive imagery
- 7 Dance it out



# Calming Affirmations

I can calm down when I am upset.

I am in control of my feelings.

I am safe and loved.

I am comfortable and calm.

I am focused and relaxed.

I choose to share my calm.

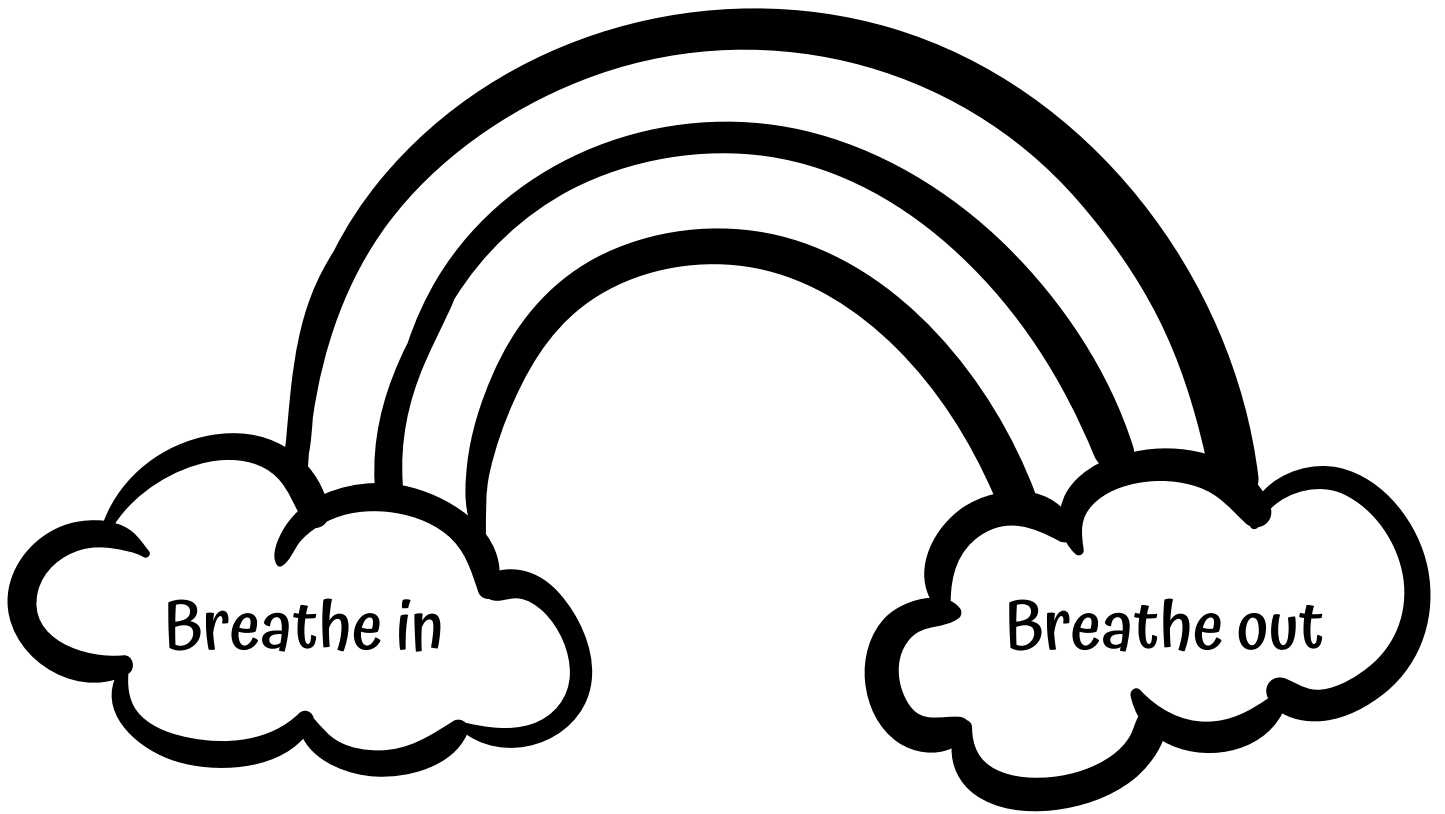
I am in charge of my life.

I can get through anything.

I get better and better everyday.



# Grounding Exercise



## Directions:

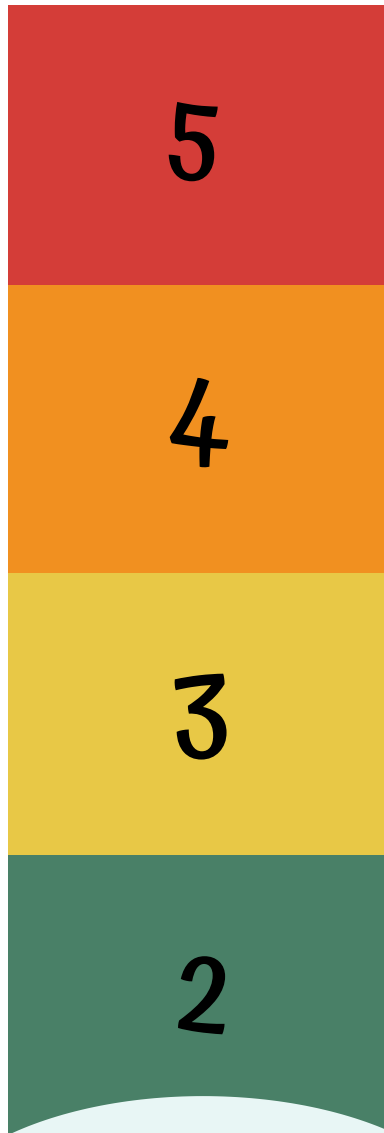
Trace the rainbow with your finger while breathing in and out. Then color it in!



# Emotion Thermometer

Before Cool  
Down

After Cool  
Down


1

Calm