



Sometimes, I feel upset. It's a normal feeling, but I know how to handle it



First, I try to understand why I am upset. Is it something someone said? Or something that happened?



I take deep breaths to calm down. Inhale... and exhale



Talking to someone I trust, like a parent or teacher, can help me feel better



Sometimes, I write down my feelings in a journal or draw a picture



Taking a break and doing something I enjoy, like playing or reading, helps me relax



I remind myself of happy things or moments I enjoy



I practice saying positive things to myself, like 'It's okay to be upset' and 'I can get through this'



If I feel very upset, I do some physical activity like running or jumping to release my energy



After calming down, I think of solutions or ways to make the situation better



I learn from my feelings. They teach me about myself and how to handle things differently next time



I know it's okay to feel upset sometimes, and I am learning to manage my feelings better