

I get confused when ...

.....

.....

.....

.....

.....

.....

.....

.....

.....



When I'm confused, I could ...

.....

.....

.....

.....

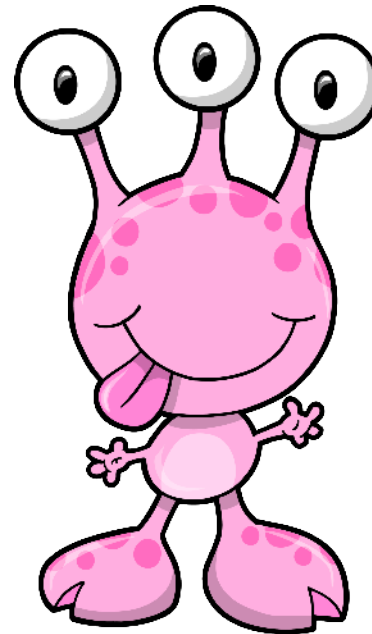
.....

.....

.....

.....

.....



I get confused when ...

.....

.....

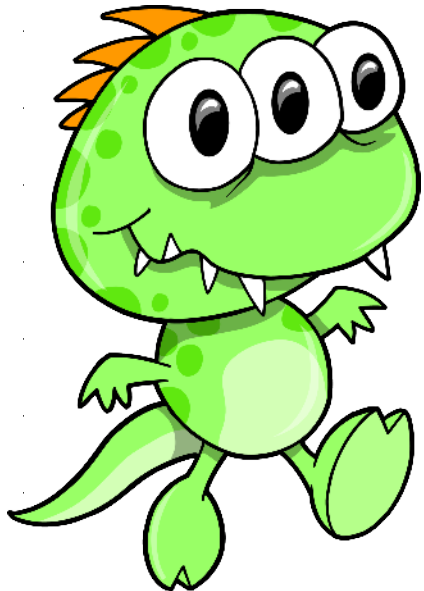
.....

.....

.....

.....

.....



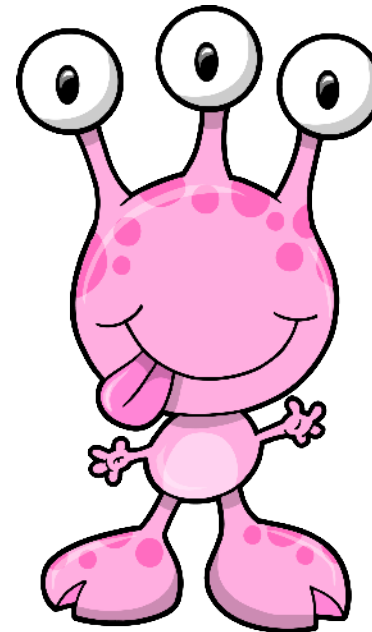
Confusion Busters

Here are some suggestions for when you feel confused. Tick the box if you think they might be useful for you.

- * Ask for help from an appropriate person
- * Look for more information
- * Take a deep breath and start again

Can you think of some more ideas? Write them down below.

~ My Ideas ~



I get angry when ...

.....

.....

.....

.....

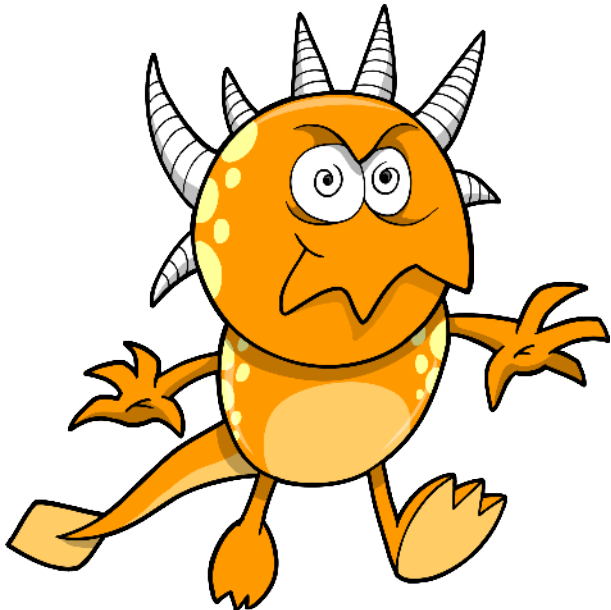
.....

.....

.....

.....

.....



© www.ActivityVillage.co.uk

Activity
village

When I'm angry I could ...

.....

.....

.....

.....

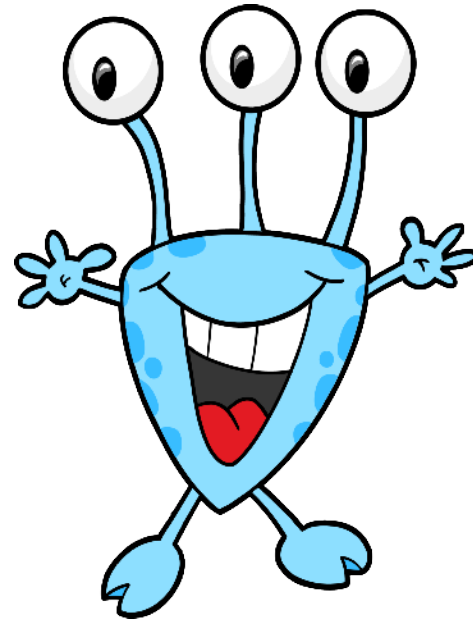
.....

.....

.....

.....

.....



© www.ActivityVillage.co.uk

Activity
village

I get angry when ...

.....

.....

.....

.....

.....

.....

.....

.....



.....

.....

.....

.....

.....

.....

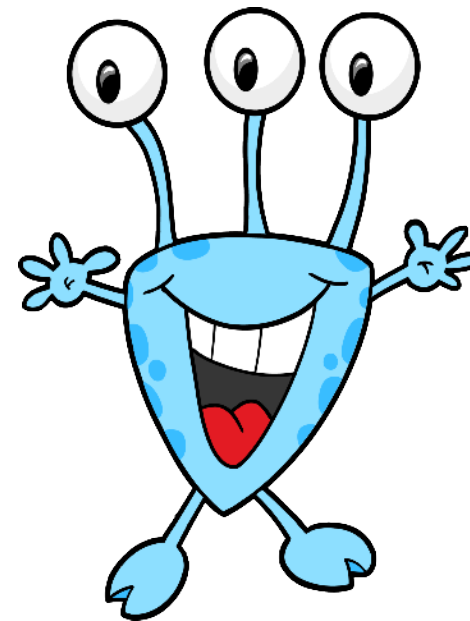
Anger Busters

Here are some suggestions for when you feel angry. Tick the box if you think they might be useful for you.

- * Take a deep breath and count to 10
- * Walk away from what's making you angry
- * Find a grown-up to talk to

Can you think of some more ideas? Write them down below.

~ My Ideas ~



.....

.....

.....

.....

.....

.....

I feel sad when ...

.....

.....

.....

.....

.....

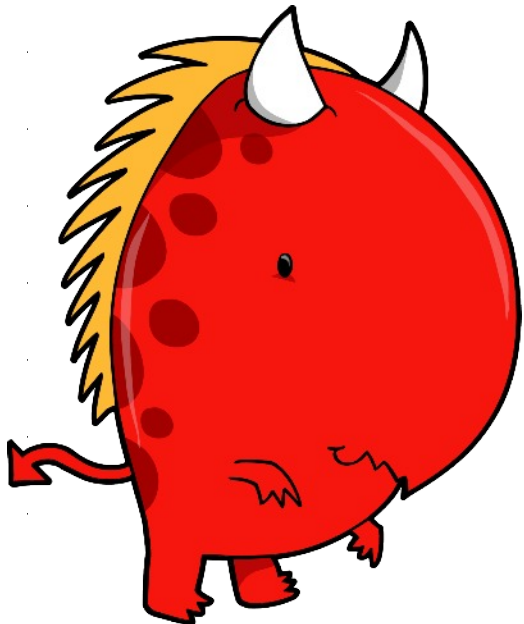
.....

.....

.....

.....

.....



To stop feeling sad I could ...

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



I feel sad when ...

.....

.....

.....

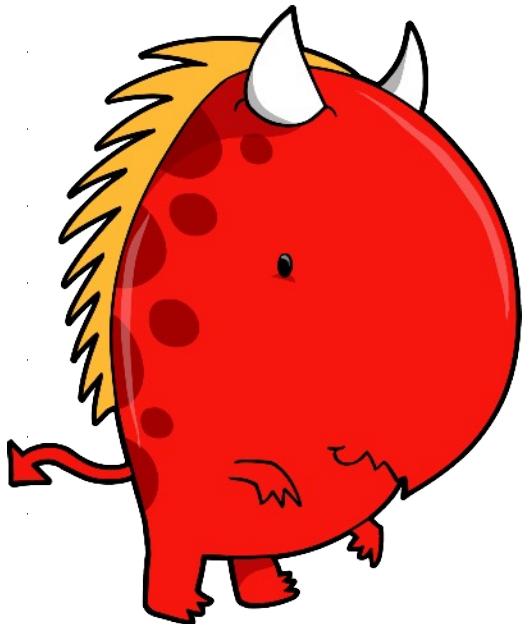
.....

.....

.....

.....

.....



Sadness Busters

Here are some suggestions for when you feel sad. Tick the box if you think they might be useful for you.

- * Find someone to talk to
- * Get busy! How about building something?
- * Give someone a hug, or ask for a hug

Can you think of some more ideas? Write them down below.

~ My Ideas ~



I feel mean when ...

.....

.....

.....

.....

.....

.....

.....

.....

.....



© www.ActivityVillage.co.uk

Activity
village

To stop feeling mean I could ...

.....

.....

.....

.....

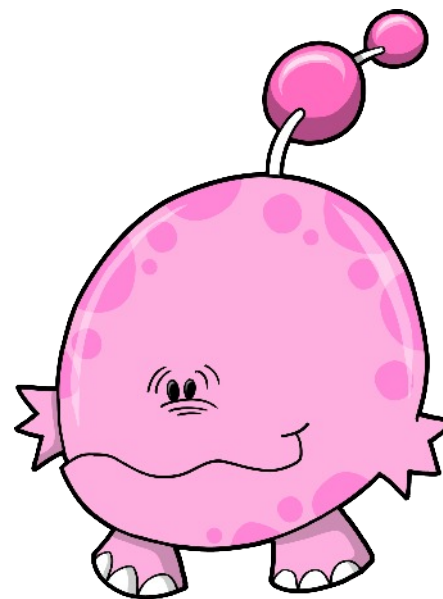
.....

.....

.....

.....

.....



© www.ActivityVillage.co.uk

Activity
village

I feel mean when ...

.....

.....

.....

.....

.....

.....

.....

.....



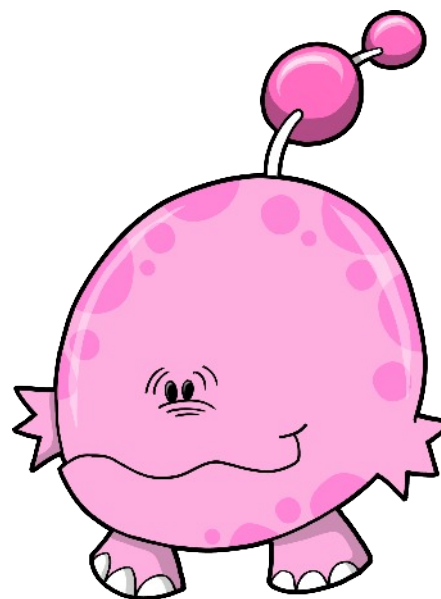
Mean Busters

Here are some suggestions for when you feel mean. Tick the box if you think they might be useful for you.

- * Make a list of all the ways you are lucky
- * Can you help someone else today?
- * Give someone a hug, or ask for a hug

Can you think of some more ideas? Write them down below.

~ My Ideas ~



I feel happy when ...

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



© www.ActivityVillage.co.uk

Activity
village

These things make me happy ...

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



© www.ActivityVillage.co.uk

Activity
village