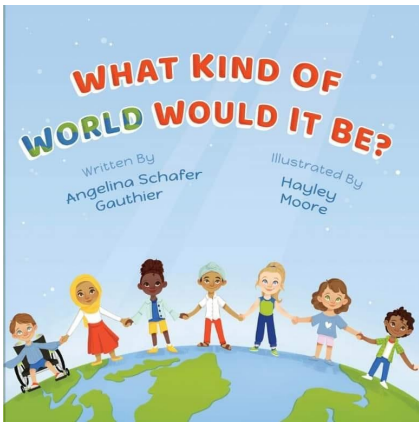


Name \_\_\_\_\_

Date \_\_\_\_\_



# Be Kind to Yourself

It is okay to be sad. It is okay to be mad.

But, it is not okay to hurt ourselves or others with our hands or words when we are angry or upset.

How can you calm your body and be kind to yourself when you feel mad or sad?

WHEN I AM MAD AT HOME, I  
CAN CALM MY BODY BY:

WHEN I AM MAD AT SCHOOL, I  
CAN CALM MY BODY BY:

WHEN I AM SAD AT HOME, I CAN  
CALM MY BODY BY:

WHEN I AM SAD AT SCHOOL, I  
CAN CALM MY BODY BY:

