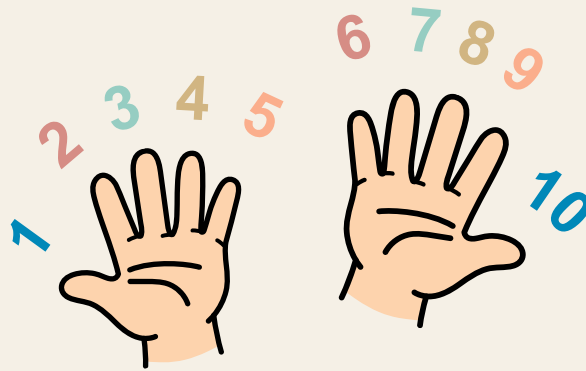


Help KY-SPIN Kids learn new ways to help with their BIG emotions!

Check out the different ways they have found, and then use page 2 to create your own Emotion Board.



Whistling



Count to 10



Deep Breaths



Blow Bubbles



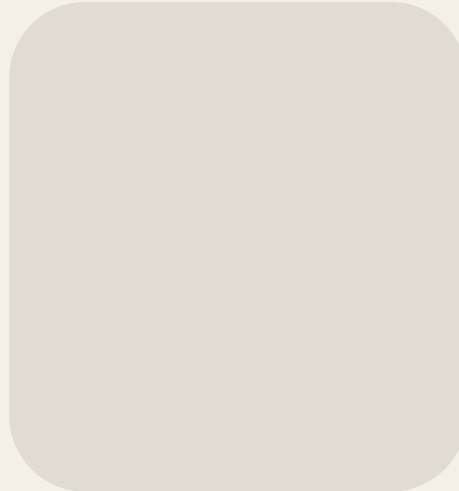
Read a Book



Sing

Write emotion words, like...sad, mad, or confused on the lines. Then draw an activity that helps you when you are feeling that emotion!

The first one has been completed as an example!



Confused

