

FEELING REFLECTION

MY STORY SO FAR

Feelings I've enjoyed most



What has helped me create my positive feelings



Feelings I did not like having



What's helped me bounce back from these hard-to-have feelings



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WRITING A NEW CHAPTER IN MY STORY

Positive feelings
I intend to have more of

Tools that could help me create more
of these positive feelings



Hard-to-have feelings
I might have

Tools that could help me manage these
hard-to-have feelings



Circle 1 tool in each right-hand box to start practicing right away
so you can develop and strengthen helpful habits to get you connected!

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SOME IDEAS FOR TOOLS FOR CHILDREN

TO CREATE MORE POSITIVE FEELINGS

read a funny story
think of who you are grateful for and why
celebrate when you do well
invite someone to play
try something new that you've been wanting to try
play your favorite game
tell someone you love how much you care about them
do a random act of kindness
so many possibilities - what can you think of?



TO MANAGE HARD-TO-HAVE FEELINGS

name it to tame it
take calm down breaths
take a walk or move your body in a way you like
talk to someone about it
take a break
hang out with a friend
do something you love
use positive self-talk - you've got this!
so many possibilities - what can you think of?



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