













I am the boss of my feelings!

When I get angry, it helps me feel better if I \_\_\_\_\_

\_\_\_\_\_

When I feel sad, it helps me feel better if I \_\_\_\_\_

\_\_\_\_\_

When I feel nervous, it helps me feel better if I \_\_\_\_\_

\_\_\_\_\_

When I feel grumpy, it helps me feel better if I \_\_\_\_\_

\_\_\_\_\_

When I feel lonely, it helps me feel better if I \_\_\_\_\_

\_\_\_\_\_

When I feel embarrassed, it helps me feel better if I \_\_\_\_\_

\_\_\_\_\_

When I feel disappointed, it helps me feel better if I \_\_\_\_\_

\_\_\_\_\_

When I am honest, I feel \_\_\_\_\_

\_\_\_\_\_