

Worksheet – Activity 3 – Managing emotions

Step 3: Three good things that pick me up (Option 1)

Name: _____ Date: _____



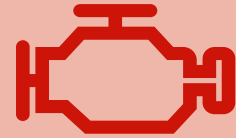
One thing that helps me when I need to Refuel:

Write or Draw in the space below:



One thing that helps me when I need to Slow-Down:

Write or Draw in the space below:



One thing that helps me when I need to STOP:

Write or Draw in the space below:

