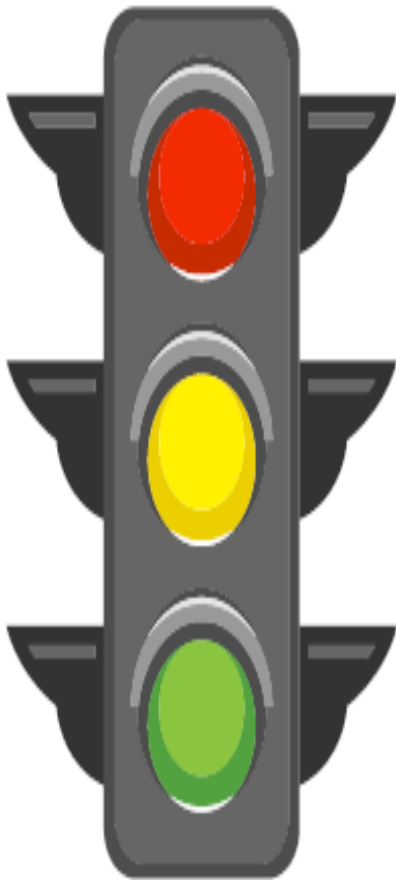


How can I manage my feelings?



Next to the green light they write something they will start to do to help them manage difficult feelings

Next to the amber light they write something they may continue to do to help them manage difficult feelings

Next to the red light they write something they will stop doing as it makes difficult feelings worse

Do you know anyone who can help? Who can help you in school?