



sad



happy



angry



scared
or surprised



excited



tired



cuddle an
adult



learn



jump



cuddle a toy



stamp your
feet



snuggle up



cuddle a
pet



play



take
big breaths



go to a
safe place



trampoline



swing



be
with friends



run



Save the Children



listen to
music



slide



blow
bubbles



self-talk



take big
breaths



find a
friend



cuddle a toy



Save the Children