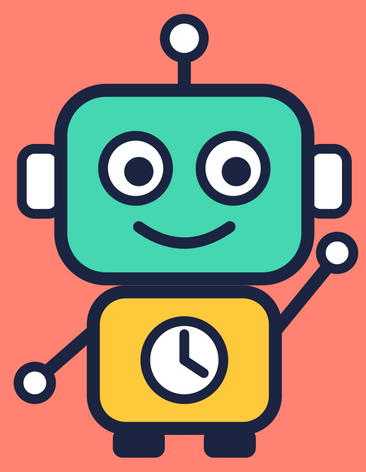
FEELINGS AND FRIENDSHIP

Big feeling? Name it.



Everyone has feelings, and none of them are wrong. These eight skills help you handle your feelings, understand other people and bounce back.

1 Name the feeling

EMOTION

A feeling with a name is easier to handle.

ASK YOURSELF

What am I feeling right now?

Happy · Sad
Mad · Scared

Find the exact word.

2 Listen to your body

SIGNAL

Your body feels it before you can say it.

ASK YOURSELF

Where do I feel it? How big is it?

1 2 3 4 5

1 is tiny. 5 is huge.

3 Calm your body

CALM

Calm your body first. Then you can think.

ASK YOURSELF

What would help me settle?

Slow breaths
Squeeze and let go
Five senses
Move
Take space

4 Pause, then choose

IMPULSE

All feelings are OK. Not all actions are.

ASK YOURSELF

Will this help or hurt?

Stop
Breathe
Think
Choose

5 Walk in their shoes

EMPATHY

Work out how someone feels, and care.

ASK YOURSELF

How might they be feeling?

Face
Body
Voice
What happened

"Are you OK?"

6 Be a good friend

RESPECT

Small, kind actions make a good friend.

ASK YOURSELF

How can I show that I care?

Include
Listen
Respect a "no"
Say a proper sorry

7 Bounce back

RESILIENCE

Feel the feeling. Then find your next step.

ASK YOURSELF

What can I control? What's next?

I CAN CONTROL
My effort, my words, my next step

Talk to yourself like a good friend would.

8 Ask for help

TRUSTED ADULT

Some problems are too big to carry alone.

ASK YOURSELF

Who can I talk to?

Pick your person
Say it simply
Keep telling

Asking for help is brave.