

My Plan

What are some ideas of things we could do so our emotions don't become the boss of us ?

| What could happen? | How will I react? | What could do instead? |
|--------------------|-------------------|------------------------|
| | | |



My Plan

What are some ideas of things we could do so our emotions don't become the boss of us ?

What's the plan?

What do I need to do?

The recipe:



My Plan

What are some ways we could solve a problem?

| What could happen? | How will I react? | What could do instead? |
|--------------------|-------------------|------------------------|
| | | |



My Plan

What are some ways we could keep big feelings small?

| What's the problem? | How can we solve it? | What is the solution? |
|---------------------|----------------------|-----------------------|
| | | |



My Plan

What are some ideas of things we could do so our emotions don't become the boss of us ?

| What could happen? | How will I react? | What can do instead? |
|--------------------|-------------------|----------------------|
| | | |



My Plan

What are some ideas of things we could do so our emotions don't become the boss of us ?

| What happened? | What do I need to do? | How can they help? |
|----------------|-----------------------|--------------------|
| | | |



My Plan

What are some ways we could make a change?

What happened?

How did I react?

What can I do instead?



My Plan

What are some ideas of things we could do next time we start to feel big emotions come?

What happened?

How did I react?

What can I do instead?

