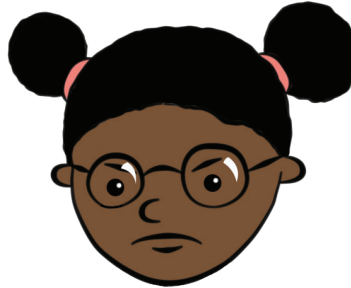


Let's Talk About Feeling in Control



We all have feelings. We can feel **happy** or **sad**. We can feel **scared** or **angry**. We can even feel lots of things at once!

Some feelings can feel too big to handle! Try listening to music or singing a song to feel in **control**.



Ask your friends how they control their big feelings.



“I was scared,” cries Rex.
Bea gives Rex a pat on
the back.



“When you feel scared, try this! Close your eyes. Breathe in and out,” says Bea.