

COLOURS



+



=



YELLOW RED ORANGE



+



=



BLACK WHITE GRAY



+



=



YELLOW BLUE GREEN



+



=



RED WHITE PINK



+



=



YELLOW BLUE VIOLET




+




=




BLUE WHITE CYAN




+



+



=



YELLOW RED BLUE BLACK



ALPHABET

A B C D E F G

H I J K L M N

O P Q R S T U

★ V W X Y Z ★



FEELINGS



HAPPY



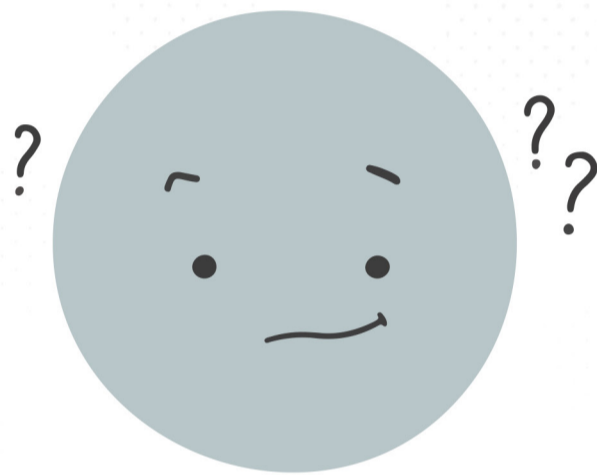
SAD



EXCITED



SURPRISED



CONFUSED



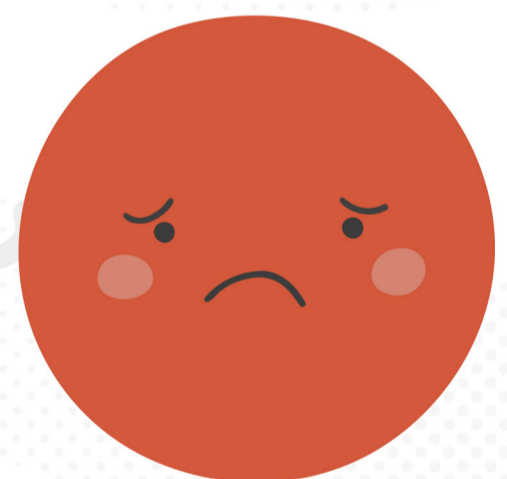
LOVED



SCARED



EMBARRASSED



ANGRY



TIRED



SILLY



FRUSTRATED

TAKE A BREATH AND
TRY TO CALM DOWN

SCALE OF EMOTIONS

REMEMBER IT IS NEVER
OK TO HURT OTHERS

HOW ARE YOU FEELING?



0

CALM

PEACEFUL
HOPEFUL
HAPPY



1

OK

FINE
FOCUSED
CONFIDENT



2

BOTHERED

WORRIED
NERVOUS
EMBARRASSED



3

ANNOYED

CONFUSED
FRUSTRATED
STRESSED



4

ANGRY

JEALOUS
DEVASTATED
SCARED



5

FURIOUS

RAGING
FUMING
AGITATED

HOW DO YOU ACT?

SMILING
RELAXED
LAUGHING

ENGAGED
CONTENT
PLAYFUL

WITHDRAWN
DISENGAGED
SILLY

PACING
HYPER
IRRITABLE

REFUSING
SHUTTING DOWN
TANTRUM

ARGUING
YELLING
STOMPING

WHAT CAN YOU DO ABOUT IT?

HELP SOMEONE
KEEP SMILING
ENJOY YOURSELF

USE POSITIVE WORDS
ENJOY A HOBBY
HAPPY THOUGHTS

TALK ABOUT IT
WRITE IT DOWN
ASK FOR A HUG

TRY AGAIN
ASK FOR HELP
EXPLAIN YOURSELF

TELL AN ADULT
TAKE A NAP
TAKE A BREAK

WALK AWAY
DEEP BREATHS
COUNT TO 100





Neptune

Uranus

Saturn

Jupiter

Mars

Earth

Venus

Mercury

Sun