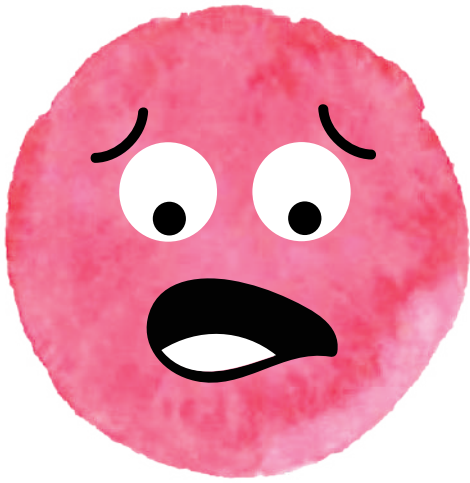
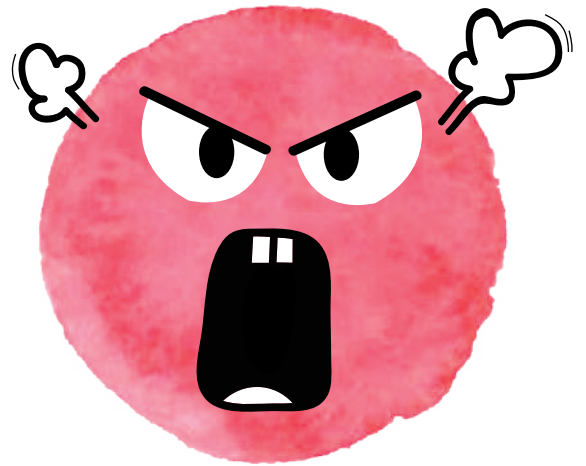


I'm feeling



Terrified

I'm feeling



Out of Control

I'm feeling



Angry

I'm feeling



Annoyed

I'm Feeling



Sick

I'm Feeling



Tired

I'm Feeling



Sad

I'm Feeling



Hurt

I'm Feeling



Confused

I'm Feeling



Surprised

I'm Feeling



Nervous

I'm Feeling



Silly

I'm Feeling



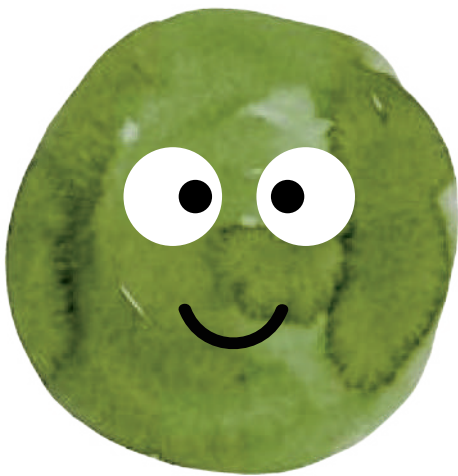
Calm

I'm Feeling



Excited

I'm Feeling



Focused

I'm Feeling



Happy

RED ZONE



Angry



Annoyed



Terrified



Out of Control

YELLOW ZONE



Confused



Surprised



Silly



Nervous

BLUE ZONE



Sick



Tired



Hurt



Sad

GREEN ZONE



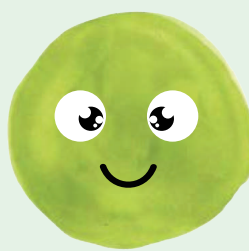
Calm



Excited



Focused



Happy

YELLOW ZONE

Coping Skills

- Drink a sip of water
- Talk to someone about it
- Squeeze a stressball
- Draw or doodle
- Slowly count to 20

RED ZONE

Coping Skills

- Stop what you are doing
- Find a safe place
- Take a break
- Walk a few laps
- Take a few deep breaths

BLUE ZONE

Coping Skills

- Stretch your body
- Close your eyes and breathe
- Think about something fun
- Ask for a hug
- Talk to an adult

GREEN ZONE

Coping Skills

- Keep having a positive mind
- Help others
- Think happy thoughts
- Remember your daily goals
- Complete your work

YELLOW ZONE

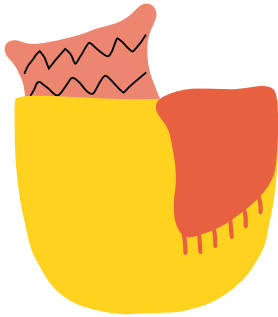
Coping Skills Toolbox



Draw or Doodle



Drink a sip of water



Wrap yourself in a blanket

RED ZONE

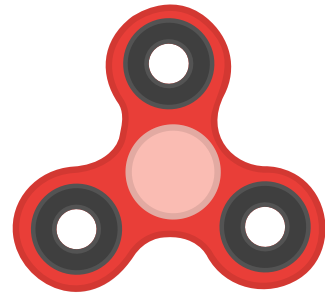
Coping Skills Toolbox



Read a book



Breathe



Play with a fidget toy

BLUE ZONE

Coping Skills Toolbox



Squeeze a stressball



Try a fun activity



Stretch your body

GREEN ZONE

Coping Skills Toolbox



Help a friend



Complete your homework



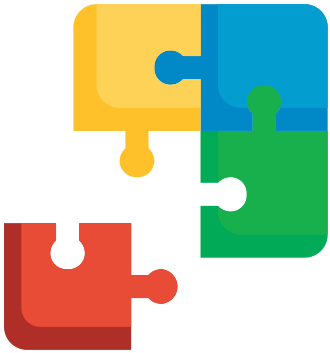
Build Something

YELLOW ZONE

Coping Skills Toolbox



Slowly count to 20



Build a puzzle



Ask an adult
for help

RED ZONE

Coping Skills Toolbox



Look at the
clouds

Take a few laps



Find a safe place

BLUE ZONE

Coping Skills Toolbox



Ask a safe adult
for a hug



Think of something
funny



Think of your
favorite place

GREEN ZONE

Coping Skills Toolbox



Sing and Dance



Remember your
goals



Keep focused

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@GentleObservations



Hey there! My name is Jemma, a Registered Counsellor, and the creative mind behind Gentle Observations - a space where I frequently share mental health tools, tips, and techniques to improve overall well-being. Connect with me on social, I'd love to meet you there!

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