

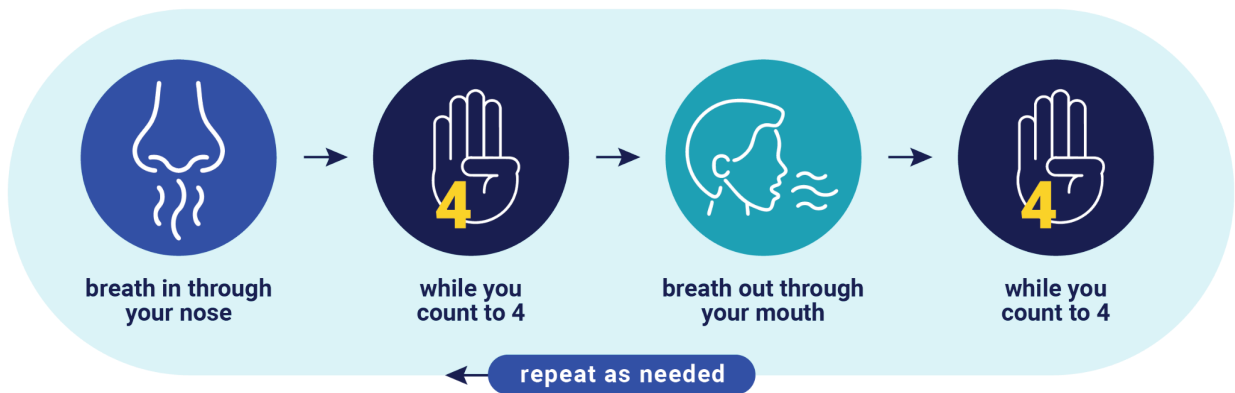


## Taking Care of Your Feelings

Sometimes, things at school, with friends, or at home can make us feel stressed. When things change or feel uncertain, it's really important to take care of ourselves. It's okay to take breaks and do things that help you feel better. This will help you feel strong and ready to face challenges. The tools in this guide can help you take care of your feelings.

Here are some ways to take care of your feelings:

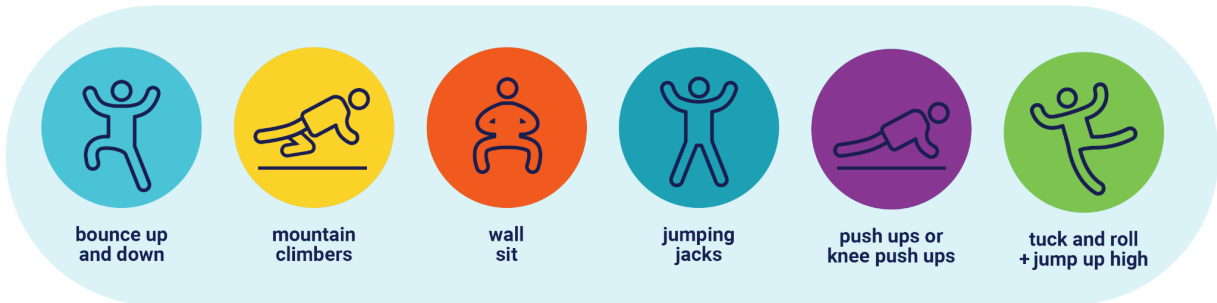
- **Deep Breaths:** Breath in through your nose while you count to 4 then breath out through your mouth while you count to four. **Repeat as many times as you need to feel calm.**



- **5 Senses Break:**
  1. Take a look around! Can you find 5 things you can see?
  2. Now, find 4 things you can feel. Can you describe them?
  3. Take a quiet moment to listen. What are 3 things you can hear?
  4. Take a big deep breath in through your nose. What are 2 things you can smell?
  5. If you have water or a drink, take a drink or bite. How does it taste?



- **Move around:** Get up and move around! Getting some exercise or movement can help you feel better. Try doing some stretches, take a quick walk around your space, or do your favorite activity. How do you feel after moving your body?



- **Do something you enjoy:** Try playing your favorite game, listening to your favorite song, watching a movie, or talking to a friend. Doing activities that you enjoy can help your mood.



- **Talk or write about how you feel:** It's important to talk to someone when you feel sad, worried, angry, or upset. Adults like your parents, teachers, or the school counselor or social worker can help you feel better! Writing down your feelings in a journal can also help you understand how you feel. How do you feel after talking to someone you care about?



- **Remember You Are Welcomed and Wanted!** CPS is better with you here! We are here to help you feel safe and supported.