

Name: _____

YEAR 1 PDHPE

Date: _____



WHAT CAN I TRY?



Read each situation.

Circle the best thing you can try to help you calm down.

1



I feel **angry.**

What can I try?



count to 10



hit something



take deep breaths



2



I feel **worried.**

What can I try?



ask for help



go to a quiet space



draw a picture



3



I feel **frustrated.**

What can I try?



drink some water



take a break



throw things



4



I feel **too excited!**

What can I try?



run around



stretch my body



jump on the bed



5



I feel **sad.**

What can I try?



talk to someone



hug a toy



stay alone

