

Name: \_\_\_\_\_

# Step 1: **I** Am

When **I am** the feeling, I have the smock on  
and I look like this:

This is a signal for me to:

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Name: \_\_\_\_\_

# Step 2: **I** Calm

Four ways to calm myself are:

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My favorite way is to: \_\_\_\_\_

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Name: \_\_\_\_\_

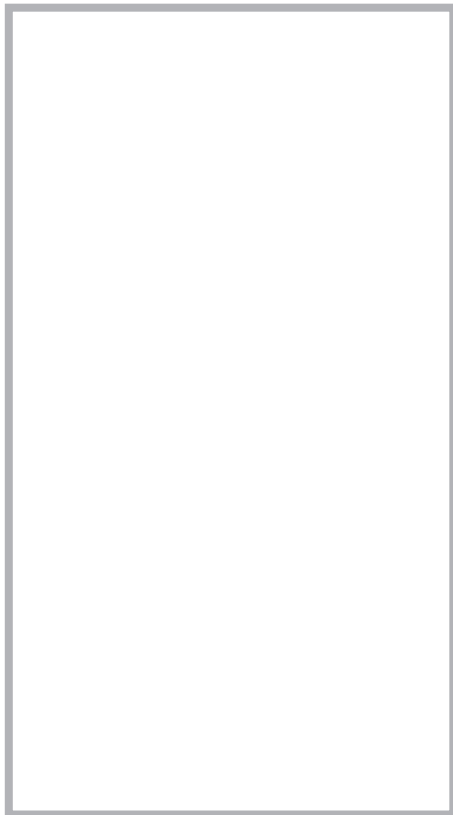
# Step 3: **I** Feel

My eight Feeling Buddies look like this:

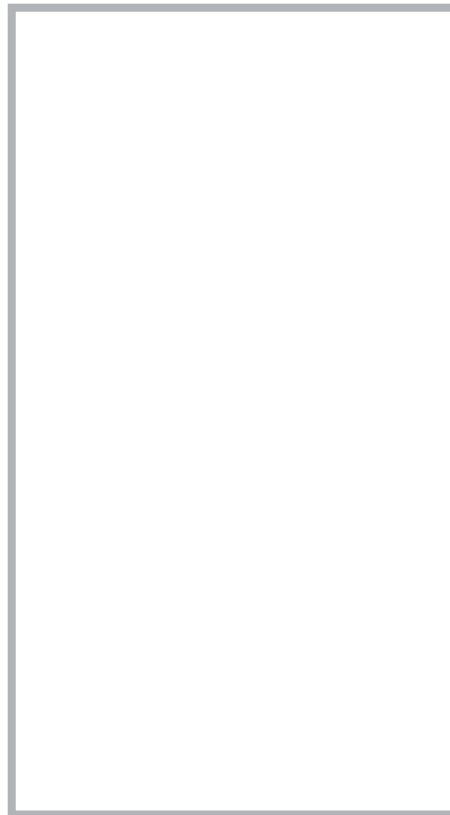



# Step: **I** Feel

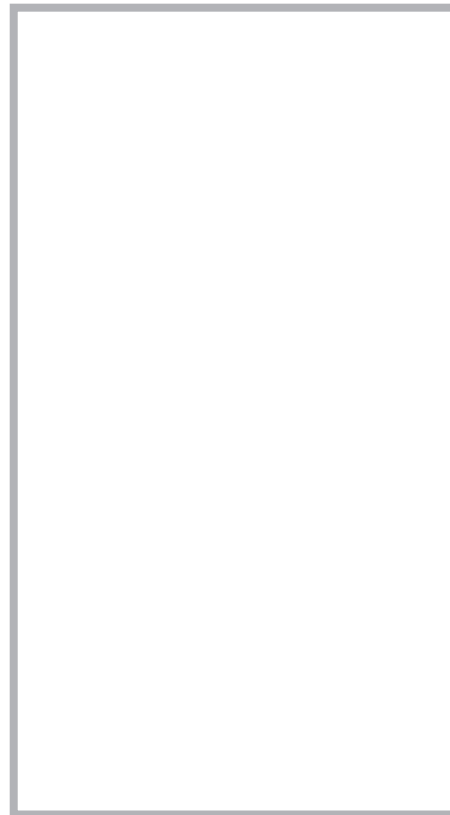
My four Feeling Buddies look like this:



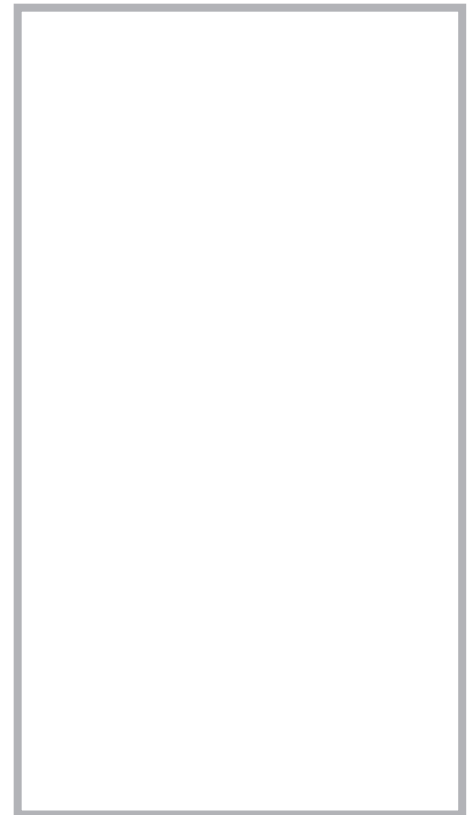
**Happy**



**Sad**



**Scared**



**Angry**

