

ALL OF YOUR
FEELINGS
ARE VALID.



amudim
THE LEGACY OF MENDY KLEIN ztl

Feelings Thermometer

COLOR IN THE EMOTION(S) YOU ARE FEELING & TRY SOME OF THESE TIPS TO HELP YOU MOVE THROUGH THEM.



Take a slow breath.
Journal or draw.
Talk to a teacher, friend, or parent.

OVERWHELMED



Practice positive self-talk.
Ask a safe person for help.
Take a break to recharge.

ANXIOUS



Take a deep breath.
Keep my hands busy with a fidget.
Go outside to ride my bike or for a run.

SAD



Talk to someone about why I'm sad.
Read a comforting book or story.
Hug my favorite stuffed animal.

ANNOYED



Listen to calming music or nature sounds.
Take a break from the situation.
Distract myself with a fun game or activity.

HAPPY

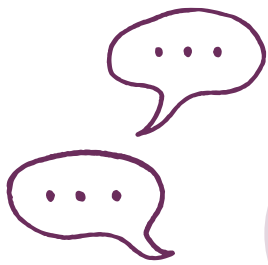


Thank Hashem and pass on the joy to family and friends.

CALM



Relax, read a book, enjoy a quiet activity.



SELF-TALK IS...

HOW YOU SPEAK TO YOURSELF.

Self-talk is the "inner voice" or the conversations you have with yourself in your head, like a mental narrator for your day.

It helps you solve problems, stay focused, and manage emotions.

It builds confidence and helps you handle tricky challenges.

LISTENING TO YOUR INNER VOICE

UNHEALTHY SELF-TALK

Any negative thoughts and feelings you say to yourself.

This Can Sounds Like:

"I am such a mess."

HEALTHY SELF-TALK

The positive thoughts and feelings you say to yourself.

This Can Sounds Like:

"I am strong enough."

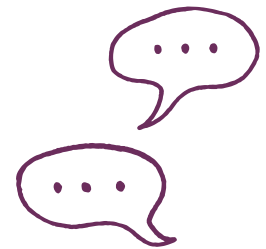
SELF-TALK SHIFT

Turning unhealthy thoughts and feelings about yourself into healthy, positive ones.

This Can Sounds Like:

"I have so much homework to do but I know I can get it done."

Self-Talk Shift



**NEGATIVE THINGS
I TELL MYSELF...**

**A KINDER WAY
TO SAY IT...**



**WRITE DOWN SOMETHING NEGATIVE YOUR INNER VOICE IS SAYING
AND FLIP IT INTO SOMETHING POSITIVE.**

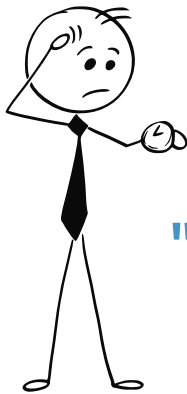
THE "YET" IS

YOU CAN DO
HARD THINGS

SAYING EVEN IF I CAN'T NOW...
I WILL IN TIME.

Sometimes you try something and it just doesn't work. You might think "I can't do this" or "I'll never figure this out."

But... add one small word to the end and the whole sentence changes.



"I can't do this... **“Yet”**

It means you're not done learning.

Yet means you're on your way.

Because every single thing you're good at right now?
There was a time you couldn't do it either.

THEN I COULDN'T...

NOW I CAN!

IN THE FUTURE,
I CAN'T DO...YET!

**DRAW OR WRITE ABOUT THINGS THAT HAVE BEEN HARD BEFORE,
WHAT YOU'RE GOOD AT NOW, AND WHAT YOU WANT TO LEARN FOR THE FUTURE.**