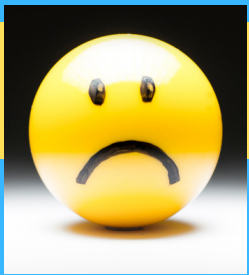


SOCIAL EMOTIONAL LEARNING (SEL)  
SELF-MANAGEMENT

**I'VE GOT  
SKILLS...**



NAME:



## WHEN I'M FEELING SAD I CAN...

In the boxes below **draw, write, or collage pictures** of coping skills you can use to help process and express your emotions in healthy ways.

**Bonus!** Create a video of yourself acting out all of your coping skills. Keep the video on your phone or tablet so you can watch it when you need a reminder!



## WHEN I'M FEELING ANGRY I CAN....

In the boxes below **draw, write, or collage pictures** of coping skills you can use to help process and express your emotions in healthy ways.


**Bonus!** Create a video of yourself acting out all of your coping skills. Keep the video on your phone or tablet so you can watch it when you need a reminder!



## WHEN I'M FEELING VERY EXCITED I CAN....

In the boxes below **draw, write,** or **collage pictures** of coping skills you can use to help process and express your emotions in healthy ways.


**Bonus!** Create a video of yourself acting out all of your coping skills. Keep the video on your phone or tablet so you can watch it when you need a reminder!



## WHEN I'M FEELING HAPPY I CAN....

In the boxes below **draw, write, or collage pictures** of skills you can use to help process and express your emotions in healthy ways.

**Bonus!** Create a video of yourself acting out all of your skills. Keep the video on your phone or tablet so you can watch it when you need a reminder!