

# FEELING REFLECTION

## MY STORY SO FAR

Feelings I've enjoyed most



What has helped me create my positive feelings



Feelings I did not like having



What's helped me bounce back from these hard-to-have feelings



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# WRITING A NEW CHAPTER IN MY STORY

Positive feelings  
I intend to have more of

Tools that could help me create more  
of these positive feelings



Hard-to-have feelings  
I might have

Tools that could help me manage these  
hard-to-have feelings



Circle 1 tool in each right-hand box to start practicing right away  
so you can develop and strengthen helpful habits to get you connected!

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# SOME IDEAS FOR TOOLS

## FOR CHILDREN

### TO CREATE MORE POSITIVE FEELINGS

read a funny story  
think of who you are grateful for and why  
celebrate when you do well  
invite someone to play  
try something new that you've been wanting to try  
play your favorite game  
tell someone you love how much you care about them  
do a random act of kindness  
so many possibilities - what can you think of?



### TO MANAGE HARD-TO-HAVE FEELINGS

name it to tame it  
take calm down breaths  
take a walk or move your body in a way you like  
talk to someone about it  
take a break  
hang out with a friend  
do something you love  
use positive self-talk - you've got this!  
so many possibilities - what can you think of?



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