



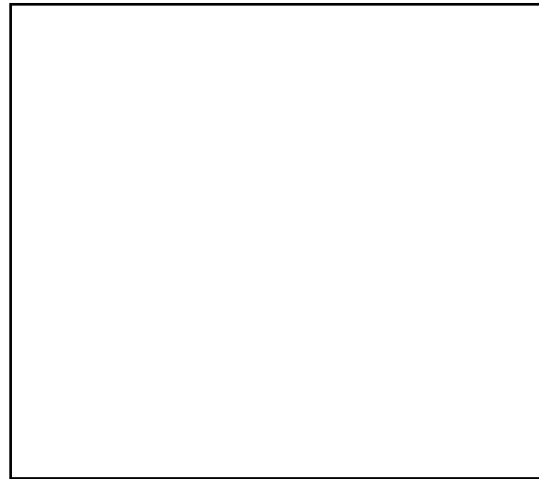
Self control and feelings

Kindergarten Social & Emotional Learning Worksheets

Complete the sentence and draw yourself trying to calm down.

When I feel mad,

I can _____



When I feel sad,

I can _____



take space	squeeze a stress ball	talk it out	take breaths
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