



SUITABLE
FOR
AGES
2-8

CHOICES to make

Everyone feels grumpy for different reasons and we can all act it out in different ways, and calm down in different ways too.

INSTRUCTIONS

Talk to your class about different things that can change an emotion in a positive way. Ask them to circle which methods work for them, there are two blank spaces for them to share their own idea



Education Template

CHOICES TO MAKE

**Share and
take turns**



**Take ten
deep breaths**



**Do some
exercise**



**Listen to
a song**



**Go to a
quiet place**



**Join a different
game or activity**



**Make
a deal**



**Draw
a picture**

