

What Helps!

Circle the activities that help you express your feelings.

Exercise
Spend some time alone
Have a good cry
Read a good book
Laugh out loud
Give a hug
Get a hug
Play an instrument
Walk the dog

Talk to friends
Talk to family
Shout or scream outside
Dance to loud music
Watch a funny movie
Spend time with friends
Write a letter
Write in a journal
Play a sport

Add your own:

Circle some of the people and places that have helped you or can help you. Write their names in the space provided.

Family

Counselors

Pets

Coaches

Friends

Support group

Neighbors

Faith/Cultural Communities

Teachers

Add any others: