

When feelings get too **BIG** for you just remember, that you have a secret **SUPER POWER!** You can use your **MIND!**

Directions: Match the feeling with what you can choose to do!

Sad Lion



When you feel **scared** - think of something **FUNNY!**

Happy Lion



When you feel **sad** - think of something **HAPPY!**

Angry Lion



When you feel **happy**, share your smiles and laughter with others.

Shy Lion



When you feel **angry** - you can take a **DEEP BREATH** to **CALM DOWN!**

Scared Lion



When you feel **shy**, tell yourself **YOU CAN DO IT!**