



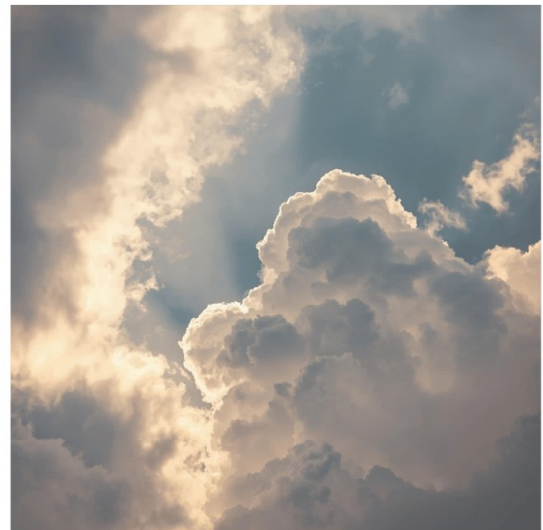
**How many  
push ups can  
you do?**



**Can you balloon  
breathe?**



**What can  
you read?**



**Can you find  
images in the  
clouds?**





**Can you  
hold a yoga  
pose?**



**What can  
you draw or  
colour-in?**



**Can you  
imagine a  
happy place?**



**What toy or  
game will  
you play?**





**Which soft toy wants a cuddle?**



**What music would you like to play?**



**Learn a dance or shake your body.**



**Without moving, can you find:**



**3 things you can see that are... (red)?**



**3 things you can feel with your body?**



**3 things you can hear?**



# Manage My Feelings Tool Cards



ASLAN  
COUNSELLING  
& EDUCATION