

Manage My Feelings Cards



ASLAN
COUNSELLING
& EDUCATION



**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?**

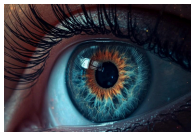


**What music
would you
like to play?**



**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?***