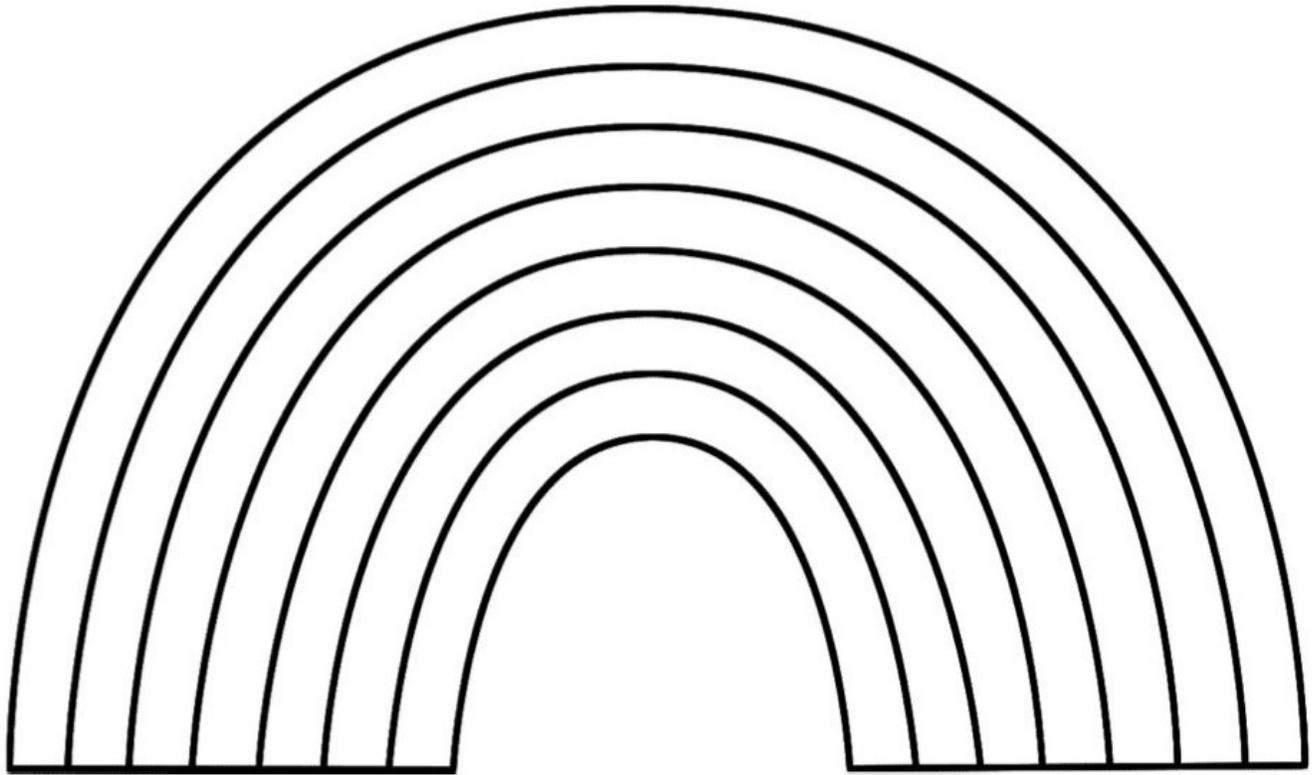


Color in your rainbow and use it for "Rainbow Breathing" when you are feeling upset.



Rainbow Breathing

1. Use your finger to trace the inside rainbow band. Breathe in slowly until you reach the end of the band.
2. Move to the next band and breathe out slowly as you trace to the end.
3. Repeat until you feel calmer.

Courage Badges

Design and color these "Courage Badges" When you see someone you know do something that is hard for them give them a badge and let them know you think they are brave! Make one for yourself for when you are practicing being courageous!



COURAGE
BADGE



I CAN DO
HARD THINGS!



COURAGE
BADGE