

Let Those Feelings Out!

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Remember when we talked about expressing your feelings? Here are some good ways for you to let your feelings out.

Circle some of the ones that work best for you, and add other ideas.

Draw a picture of how you're feeling right now.

Laugh out loud.

Talk to someone who cares about you.

Make a feelings collage from old magazines: cut out pictures that show people feeling different emotions.

Have a good cry when you need to!

Help those in need. Helping others is a good way to help yourself.

Find a quiet place to meditate (think calming thoughts).

Send positive thoughts about those who have been affected.

Make a happy memories scrapbook.

Read a book about feelings, such as *Grumpy Monkey*, *When Sophie Gets Angry*, or *The Way I Feel*.

Spend time playing with your favorite pet.

Make your favorite meal with a grown-up.

Write in a feelings journal.

Do something creative, like make a piece of jewelry, a sculpture out of clay or art dough, or a cheerful card for someone who is sick or lonely.

Do something nice for someone else.

Dance while listening to your favorite music.

OTHER IDEAS YOU MIGHT WANT TO TRY:
