

Today my hair is ...

me

I'm feeling **ANGRY**
and my hair goes **RED** when...

my
ANGRY
FACE

When I am feeling angry and my hair is red, I could....

1. Stop, take a deep breath and count to 10

2.

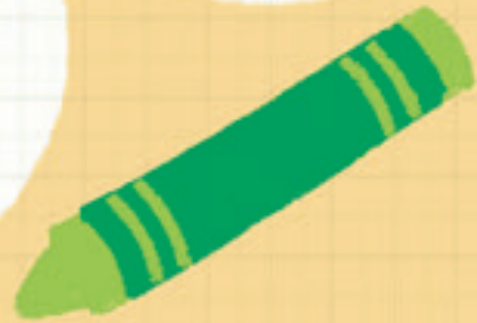
3.

4.

5.

I'm feeling **JEALOUS**
and my hair goes **GREEN** when...

Jealous face



When I am feeling jealous and my hair is green, I should....

1. think about all the good things I have in my life

2.

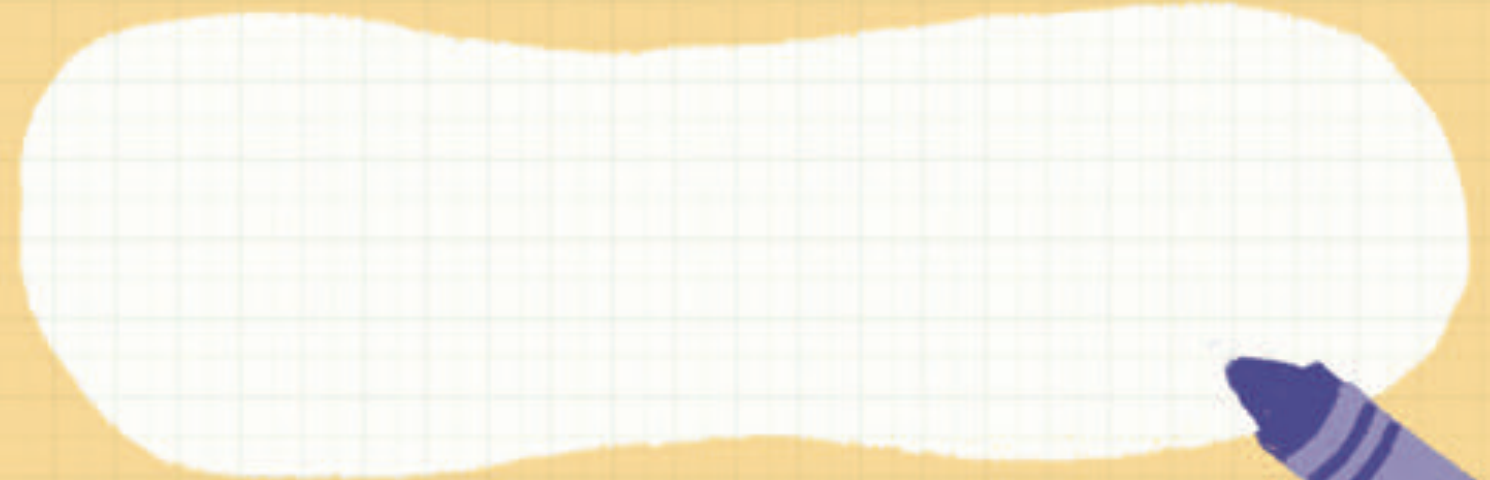
3.

4.

5.

I'm feeling **HAPPY**
and my hair goes **PURPLE** when...

Happy face



When I am feeling happy and my hair is purple, I should....

1. remember this feeling and hold onto it for my blue days

2.

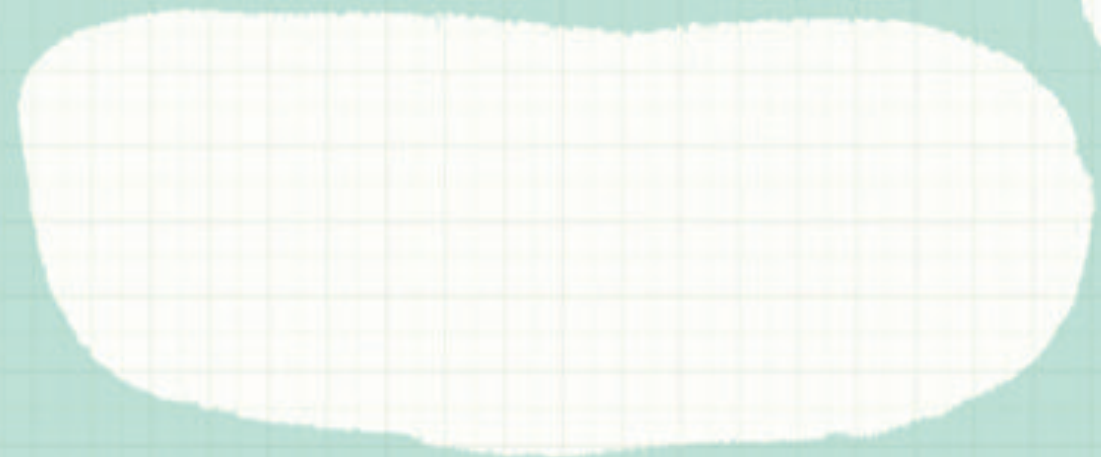
3.

4.

5.

I'm feeling **SAD**
and my hair goes **BLUE** when...

my sad
face
↓



When I am feeling sad and my hair is blue, I could....

1. speak to a friend or a grown up and tell them how I am feeling, and remember that these feelings are OK

2. _____ 3. _____

4. _____ 5. _____

