

Hi! I'm Codi!





SAD



MAD



How does he feel?



How does he feel?



How does he feel?



How does she feel?

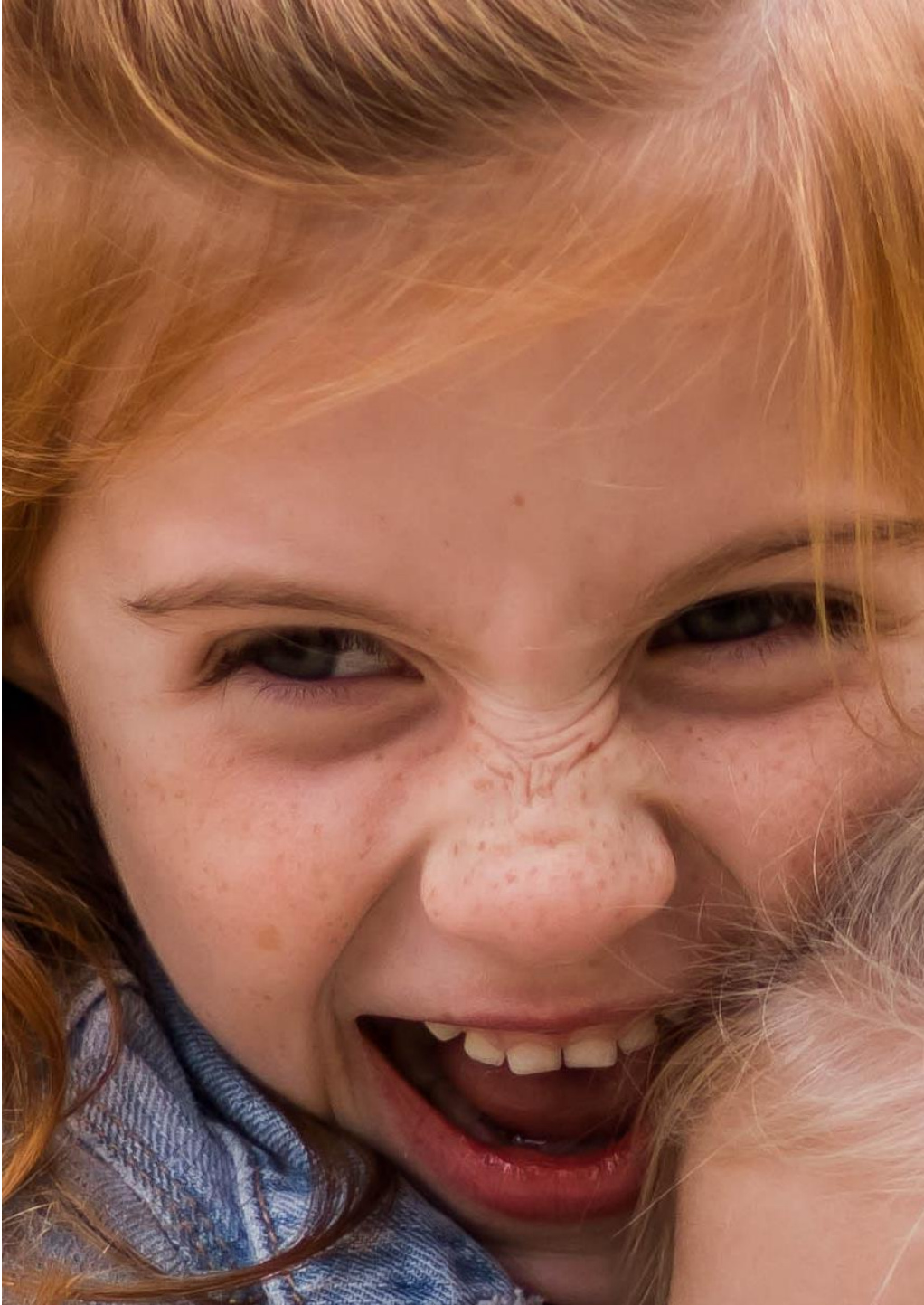


How does he feel?

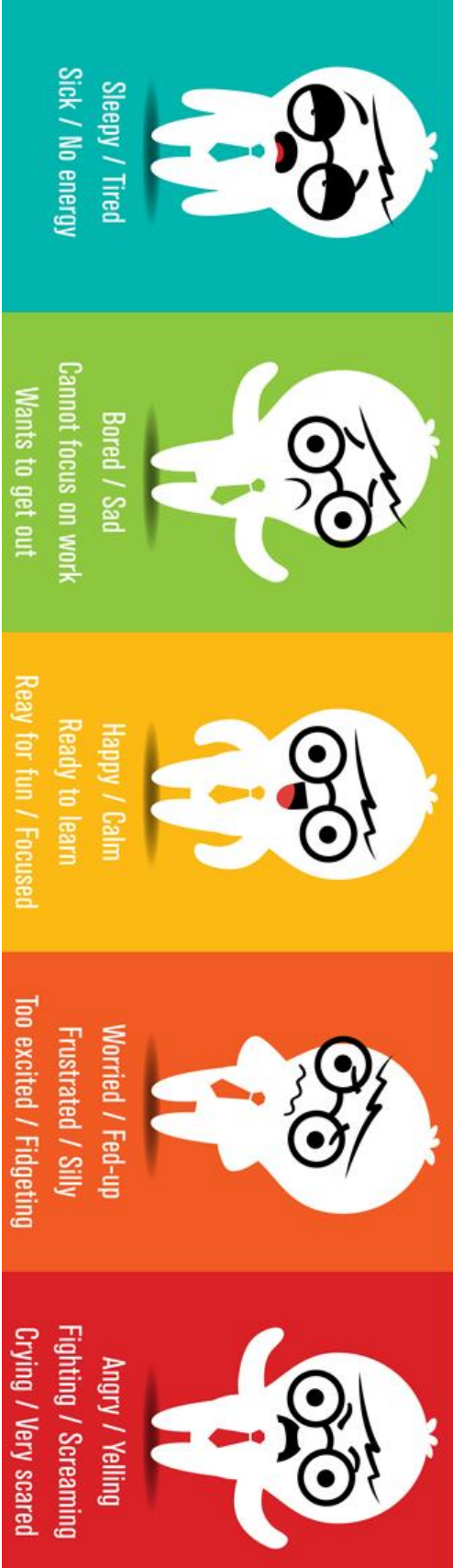


How do they feel?









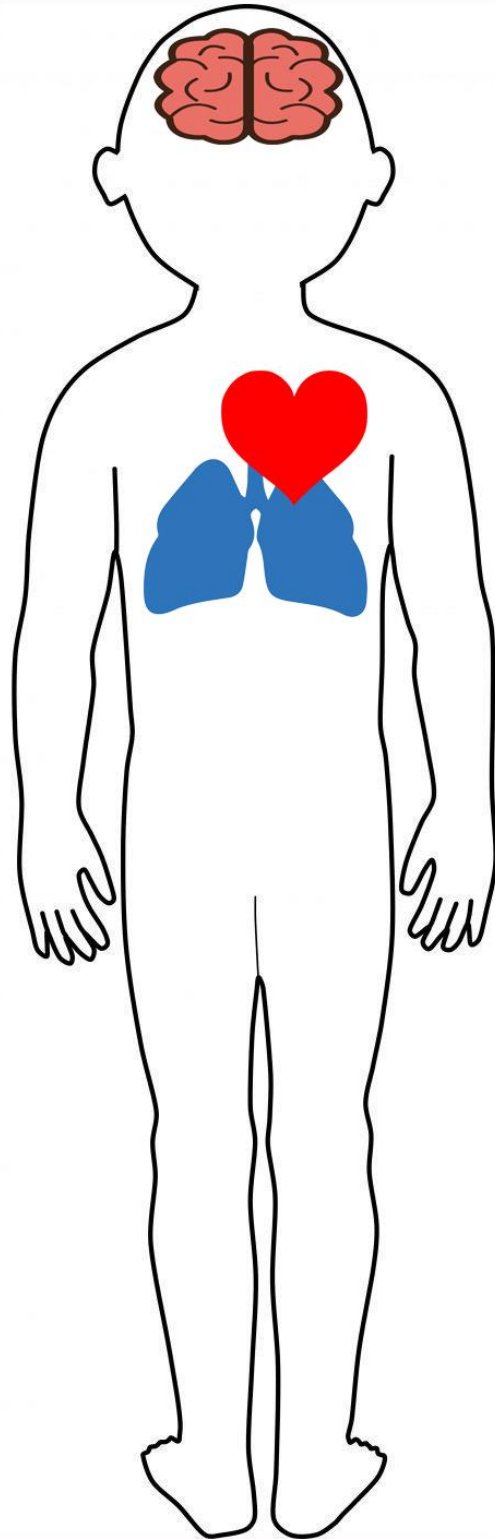
Sleepy / Tired
Sick / No energy

Bored / Sad
Cannot focus on work
Wants to get out

Happy / Calm
Ready to learn
Reay for fun / Focused

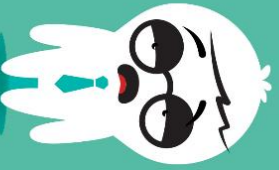
Worried / Fed-up
Frustrated / Silly
Too excited / Fidgeting

Angry / Yelling
Fighting / Screaming
Crying / Very scared



HOW DO YOU FEEL?

Find the child that looks like you

 <p>Sleepy / Tired Sick / No energy</p>	 <p>Bored / Sad Cannot focus on work Wants to get out</p>	 <p>Happy / Calm Ready to learn Ready for fun / Focused</p>	 <p>Worried / Fed-up Frustrated / Silly Too excited / Fidgeting</p>	 <p>Angry / Yelling Fighting / Screaming Crying / Very scared</p>
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TRIAL SOME STRATEGIES TO BE LIKE HAPPY CUDI

Write down below what works for you

<p>10 x star jumps Go for a walk Log rolling on the carpet CK Classroom Course</p>	<p>Listen to music Stretch arms Use a fidget toy CK Classroom Course</p>	<p>Play with others Learn Work Smile and laugh</p>	<p>Take a break / ask for help Deep breathing Push-ups CK Classroom Course</p>	<p>Walk away from others Go to your safe place Hit/kick a ball or big cushion Go for a run/walk</p>
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Star Jumps



CoordiKids

Log Rolling



CoordiKids

Arm Stretches



Push Ups



Deep Breathing



CoordiKids



HAPPY

HAPPY

HAPPY

HAPPY

HAPPY

HAPPY

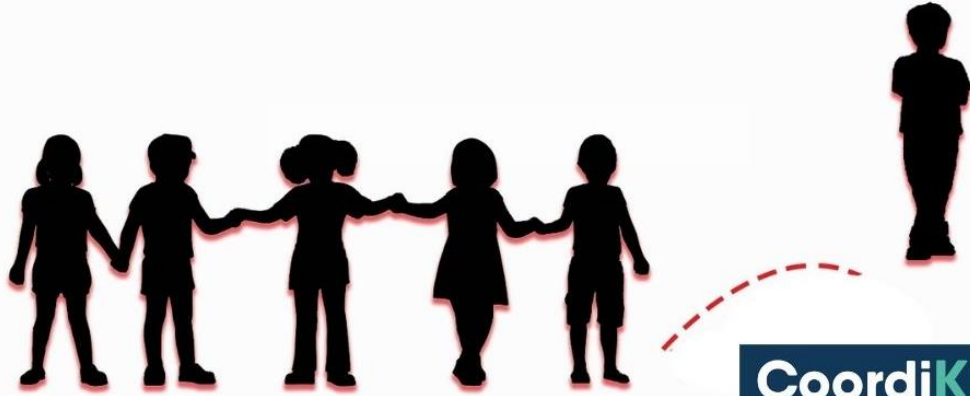
HAPPY

HAPPY

HAPPY

ANGRY

Walk Away



Kick a cushion

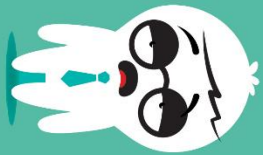






Name Name

CoordiKids

HOW DO YOU FEEL?
Find the child that looks like you

CoordiKids.com
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TRIAL SOME STRATEGIES TO BE LIKE HAPPY GUDI

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