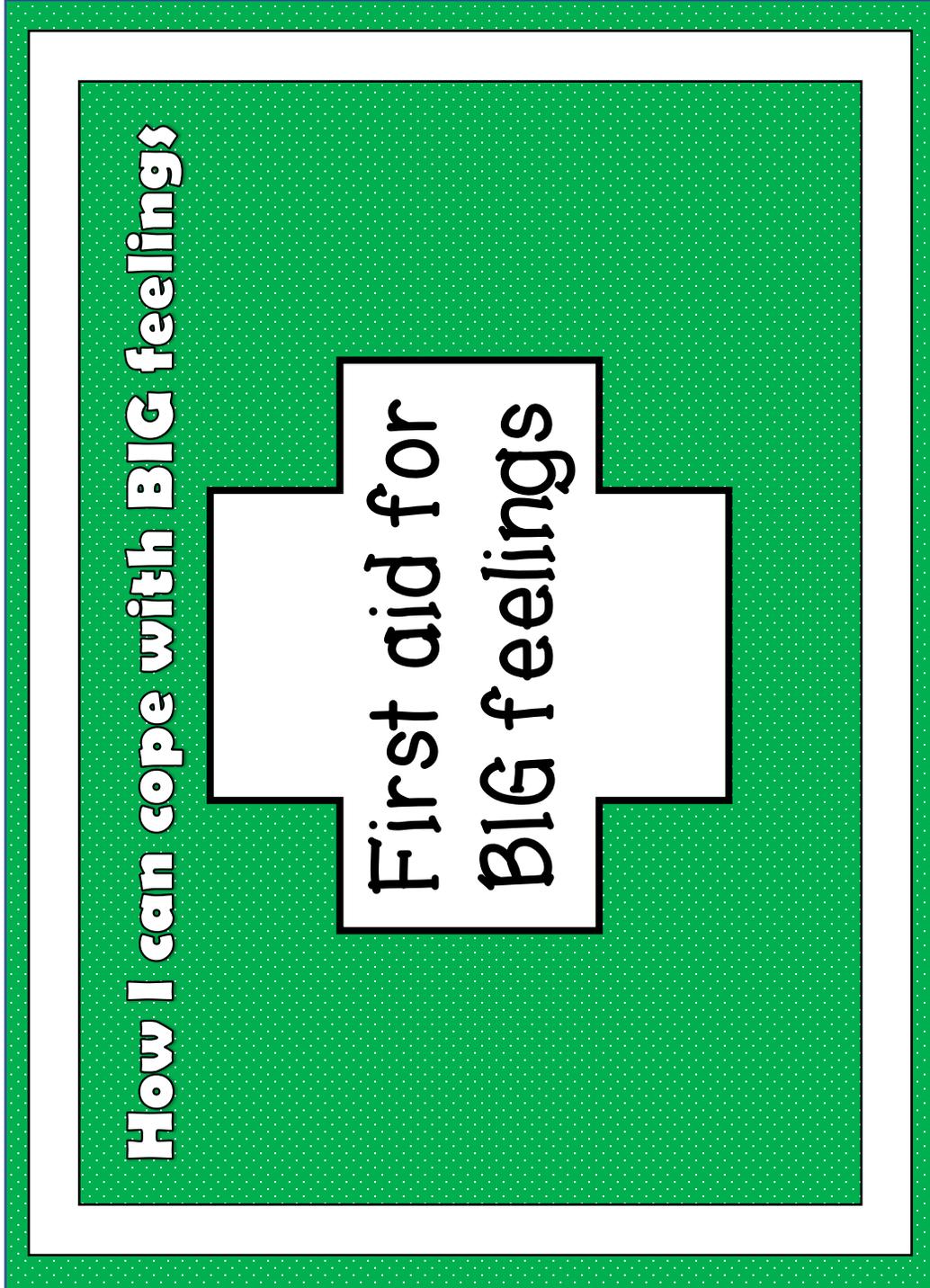


First Aid for BIG Feelings

Decorate your box and stick this to the front of it. Add things to your box that you can do if you have big feelings. You can also write things to do on the slips of paper.



First Aid for BIG Feelings

Write things that you can do to help yourself if you have BIG feelings. Put them in your box to remind yourself
