



HOW AM I FEELING?



Happy

Excited

Confident

Energized



Scared

Anxious

Overwhelmed

Nervous



Sad

Hurt

Sick

Tired



Angry

Annoyed

Frustrated

Out of
control



WHAT CAN I DO?



Go play! Get
some energy
out and
have fun!



Take a break!
Get a soothing
drink, say
affirmations,
and ask for
what you
need!



Get some rest!
Talk about
your feelings
and take
some down
time!



**Take some
deep breaths
to calm down!**
When you are
ready, ask for
what you
want/need!





I CAN IDENTIFY MY FEELINGS!



Match the image to the emotion!



Nervous



Sick



Angry



Happy



Autism Care
Partners