

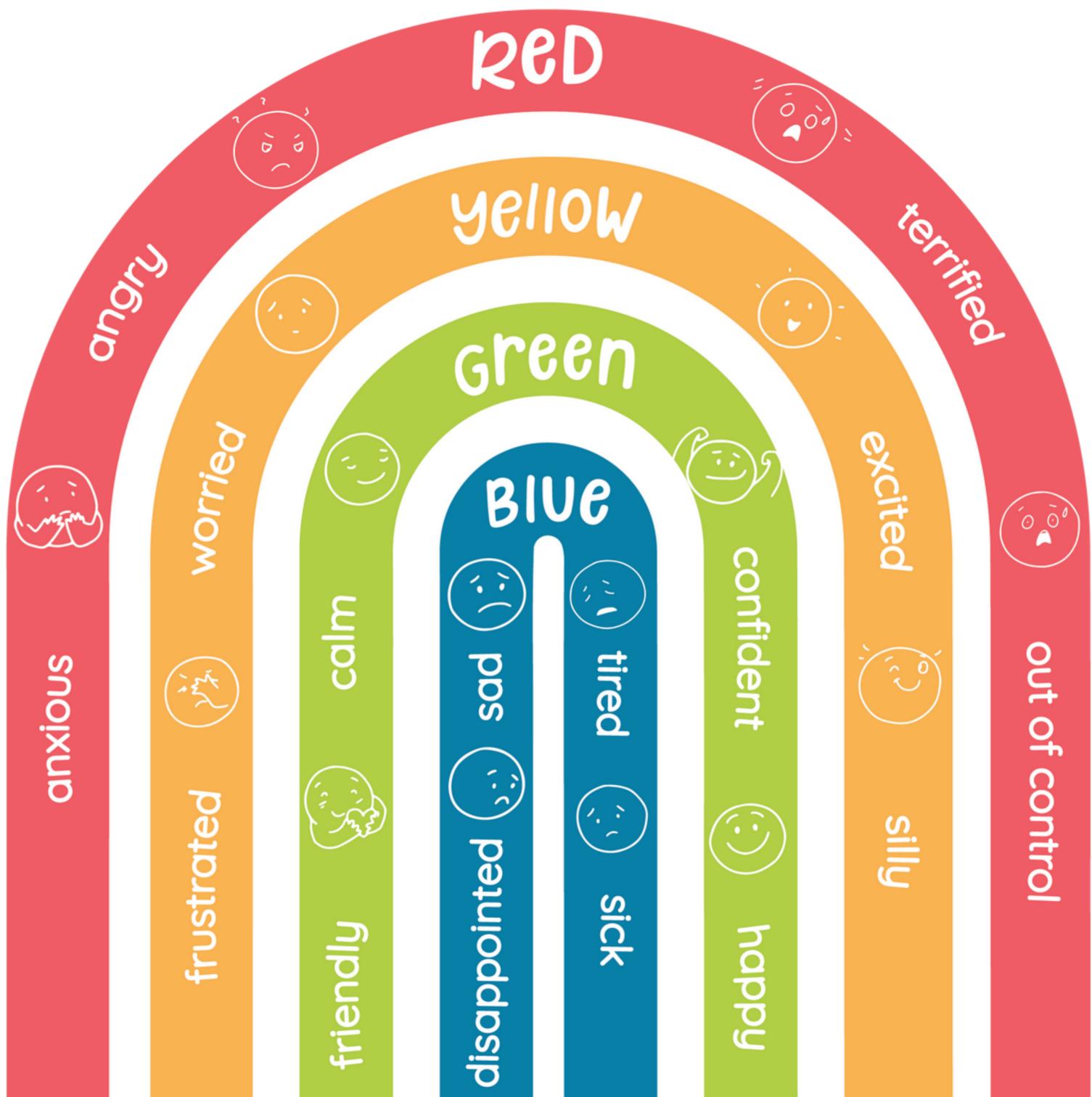


MY CALMING CORNER

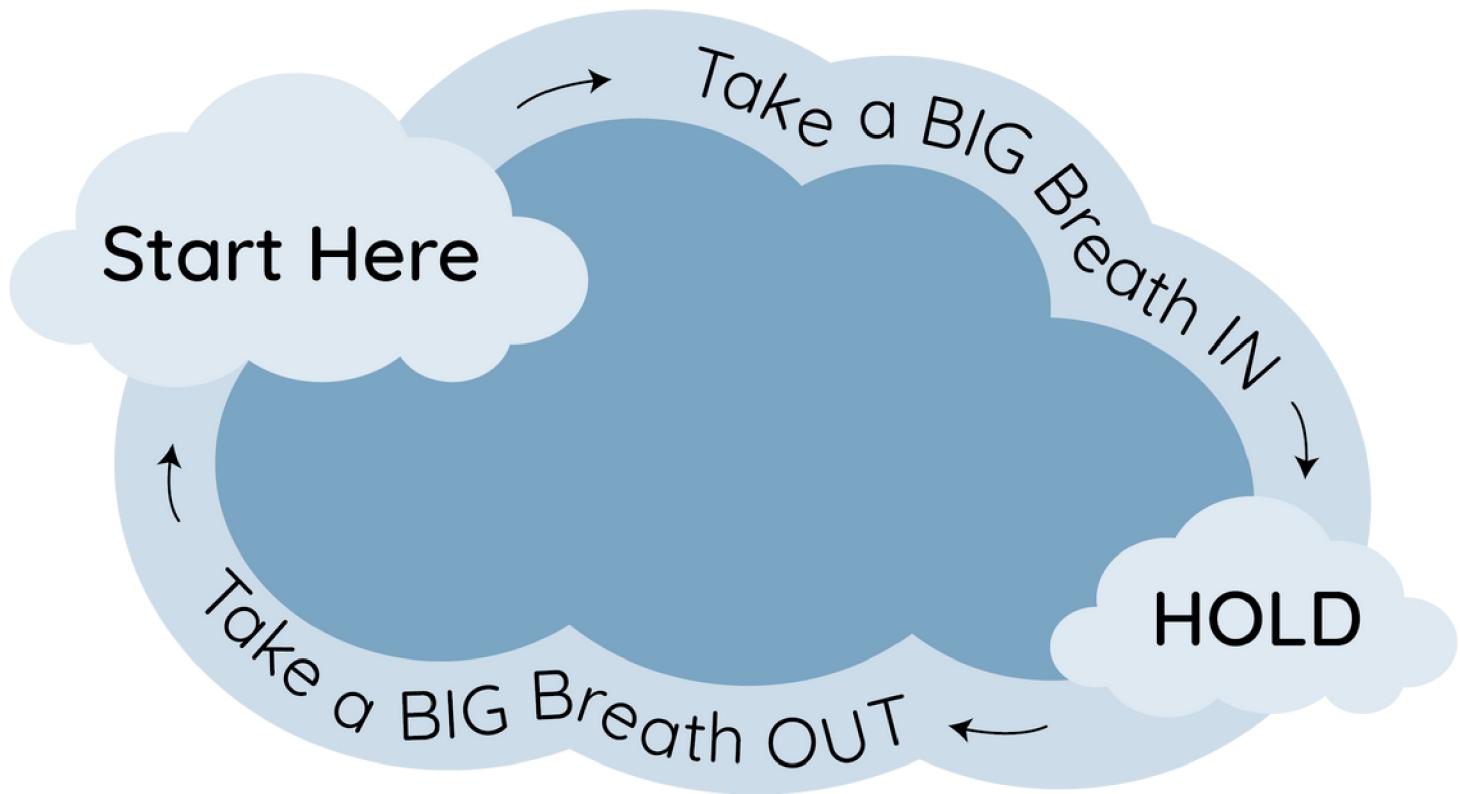
all
my
feelings
ARE OK



Where is your feeling on the rainbow?



CLOUD breathing



Trace the cloud as you breathe in and out.
Think about someone you love while breathing.



I AM
safe
loved
valuable
enough

count your breath one to ten



count your breath ten to one

Emotional Intelligence Kit

Ages 5-11

Your child's guide to mastering their emotions! With this kit, your child will learn to process their emotions in a constructive way so they can grow more attentive, empathetic, and resilient.



"I have been amazed at how this simple printable kit has changed the way my daughters talk to each other and themselves! A real game-changer!"

- Katharine B.



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With gratitude,
Big Life Journal team