

COLOR REFERENCE

Fear



Fury



Happiness



Disgust

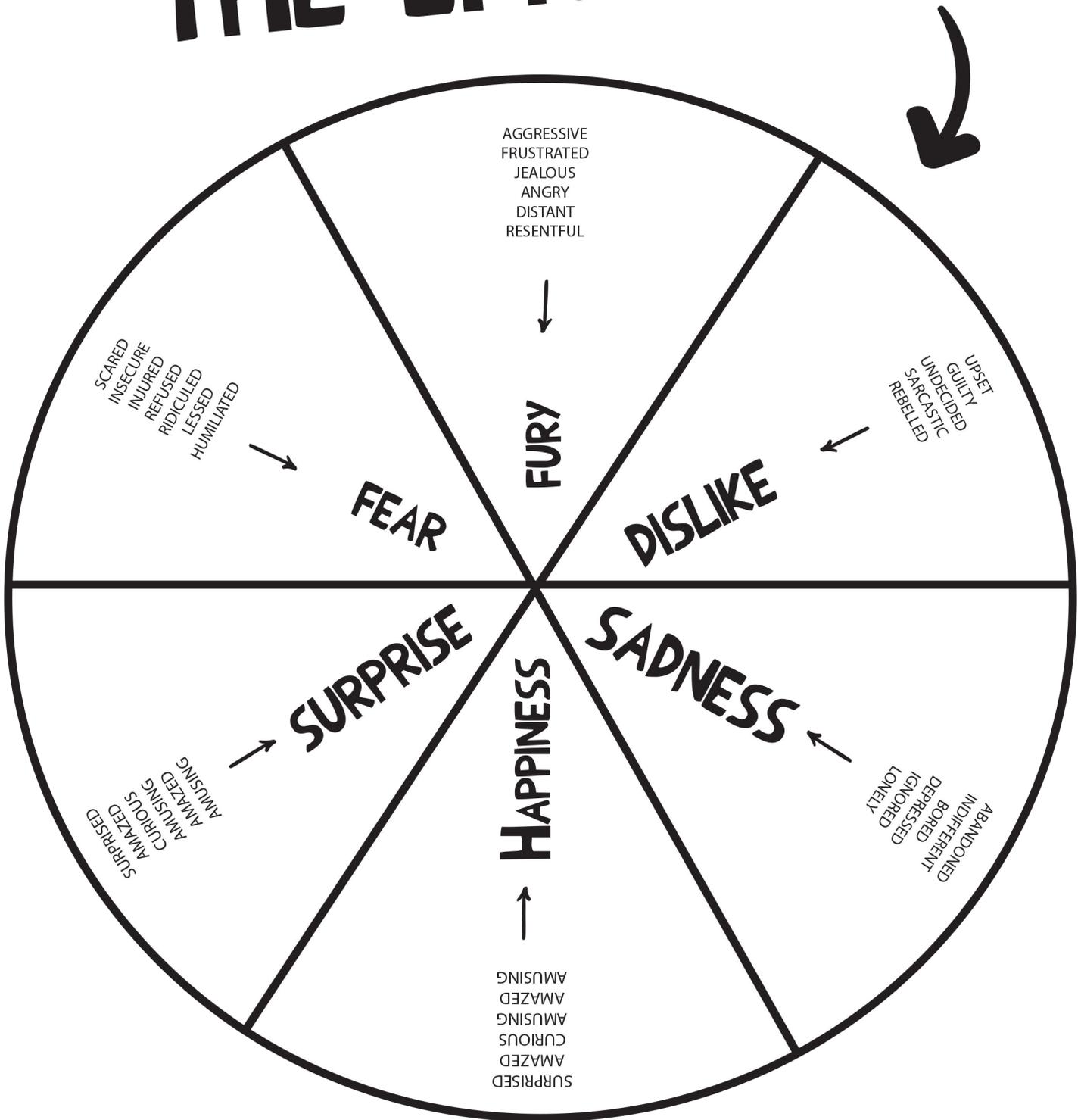


Sadness

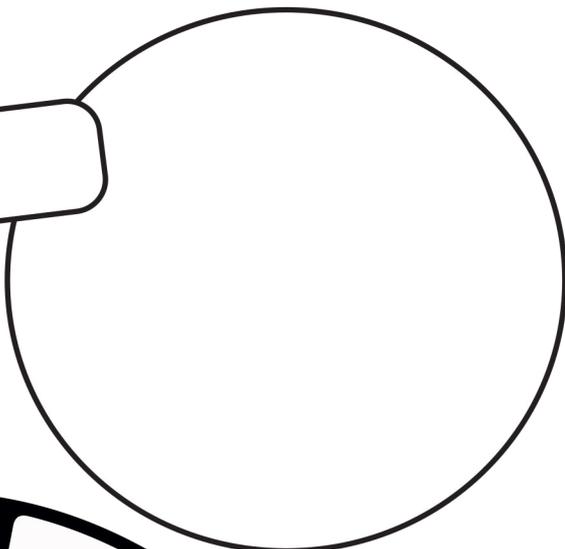


SURPRISE

THE COLOR OF THE EMOTIONS

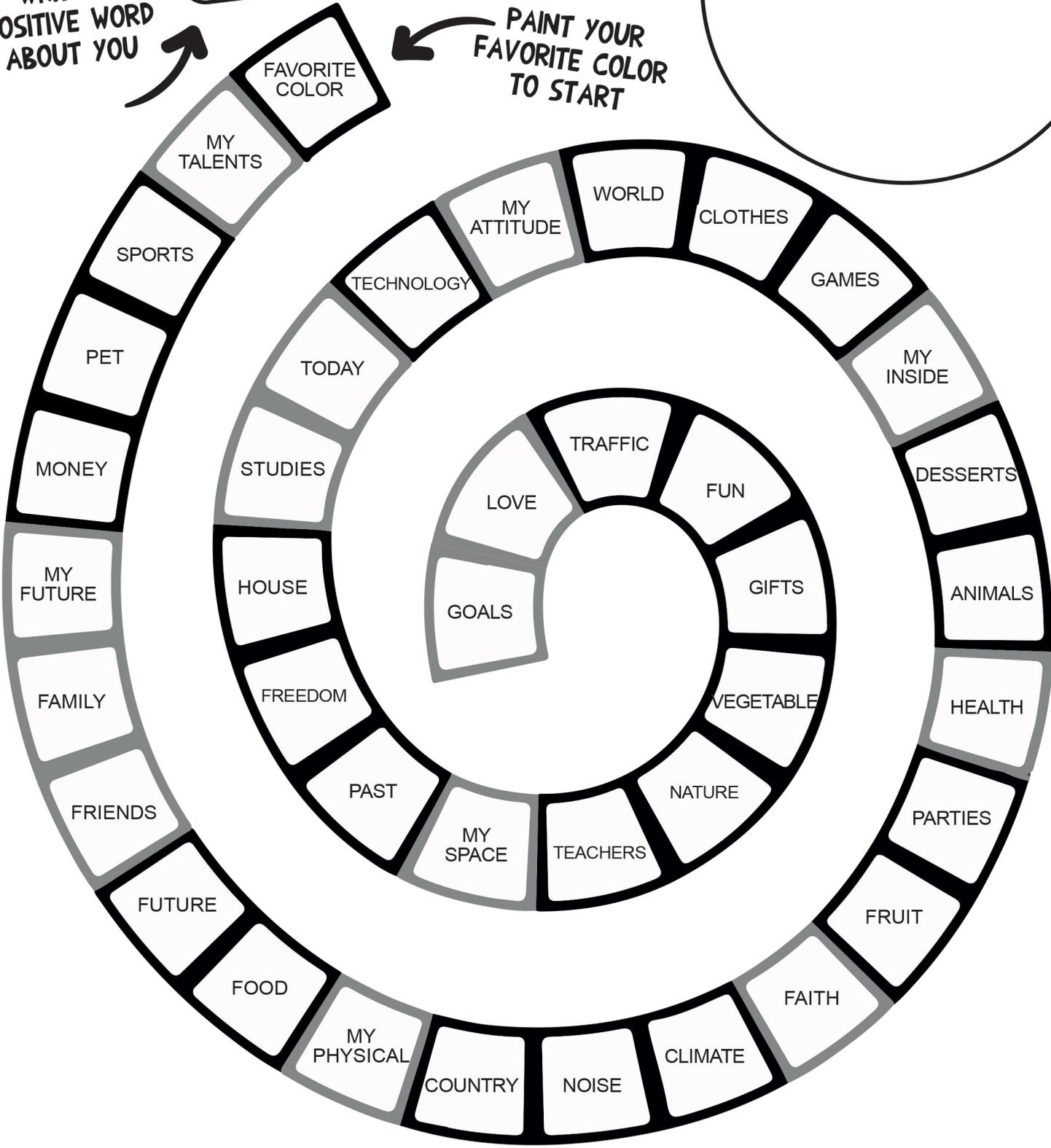


WHO I AM?



WRITE A POSITIVE WORD ABOUT YOU

PAINT YOUR FAVORITE COLOR TO START

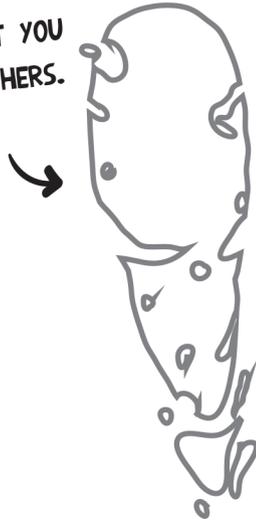


H15!

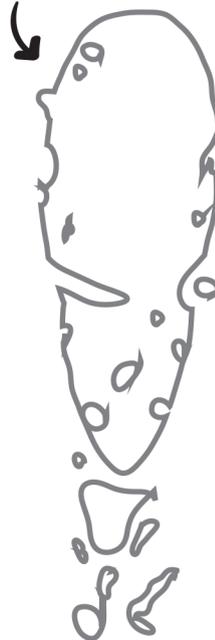
ACCORDING TO THIS COLOR GUIDE, PAINT AND REVIEW EACH OF THE 5 STEPS TO CALM YOURSELF.



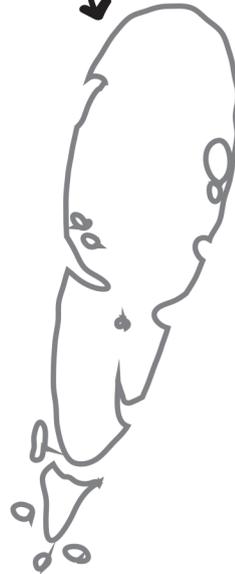
REMEMBER THAT YOU CAN'T HURT OTHERS.



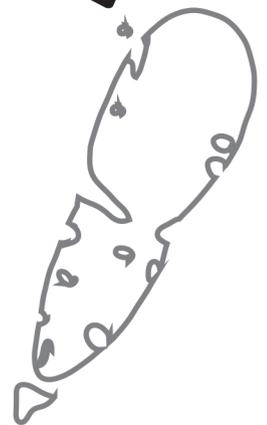
I TRY TO SAY IN WORDS WHAT I FEEL



I ASK FOR HELP



GIVE YOURSELF TIME TO THINK ABOUT THE MOST APPROPRIATE REACTION



I BREATHE SLOWLY AND COUNT TO 5

