

Staying emotionally healthy at home



I am feeling



Upset/Crying



Angry/Mad/Frustrated



Silly/Bored/Restless

I need

Name your feeling
Big hug (squeeze hard!)
Cold wet cloth on face
Belly Breathing

Cold wet cloth on face
Handstands/Pushups
Big hug (squeeze hard!)

Dance to favourite song
Bounce a ball
Blow up a balloon and play
Outdoor scavenger hunt

If you need support, please contact
the Phoenix Centre on 03 6234 9138.

Supported by the Crown through the Department of Health.

Staying emotionally healthy at home



I am feeling



Worried/Anxious

I need

Name your feeling
Big hug (squeeze hard!)
Do a favourite activity



Unsure/Flat

Listen to music
Sing a song
Go for a walk
Play an active game



Sad/Disappointed

Talk to a friend
Sing a song
Go for a walk
Mindfulness - 'Name 4 things'

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