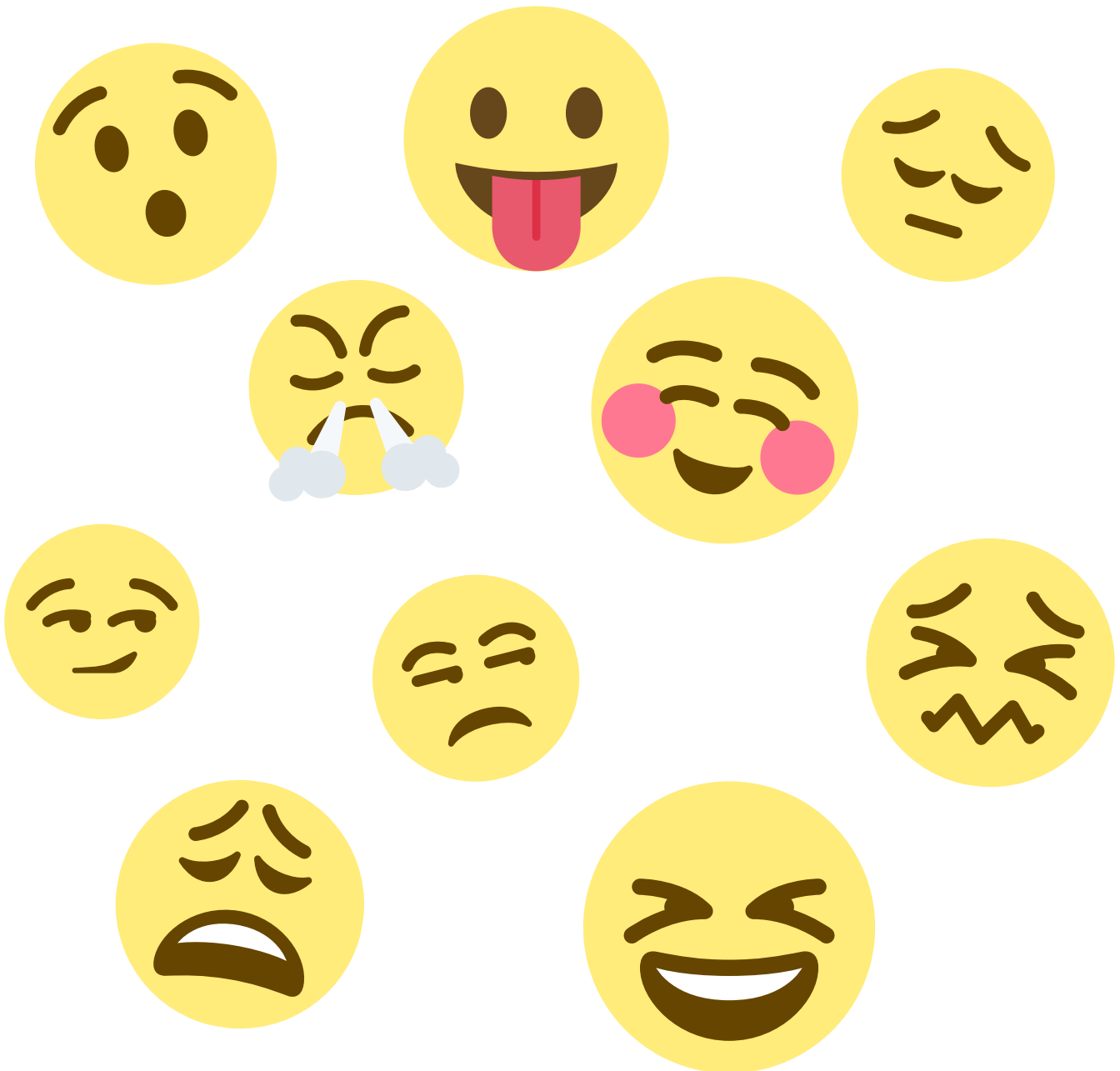


# All My Emotions

Getting to know our emotions and learning to manage false alarms

False alarms can happen when we hear, or see, or feel something that reminds us of bad things that used to happen  
 Blaustein & Kinniburgh

1. Draw a heart around the positive emotions.
2. Draw a box breathing box around the emotions that cause stress.



## Extension Activity for your Family: How are we feeling?

1. Set aside a regular time for emotional check-ins at home.
2. Choose a breathing strategy to use when you have a false alarm? Share it with your family.