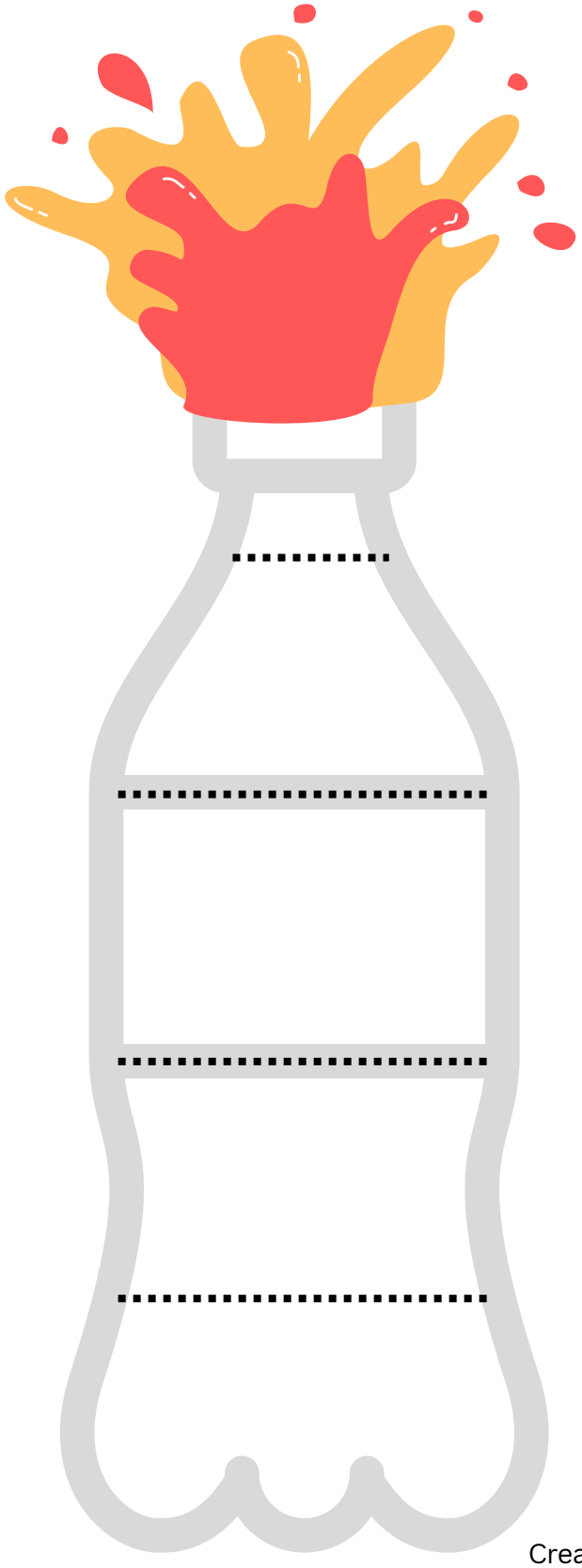
MY FEELINGS SODA POP BOTTLE

We can use a soda bottle to help us understand our feelings. Some feelings are really big and shake up the soda pop bottle until it explodes everywhere!

Below you can color in your feelings bottle and write a plan that helps you know what your feeling and what kinds of things you can try to help calm the big feelings down.



WHAT I DO AND WHAT I FEEL WHEN MY FEELINGS BOTTLE GETS FILLS UP	THINGS THAT I WILL TRY TO HELP MY FEELINGS BOTTLE CALM DOWN