



Ocean Explorers



Emotions are part of being human. They can change like the ocean. Sometimes they are calm, sometimes they are wavy and sometimes they feel stormy. We can learn to notice our emotions, understand what they are telling us and choose helpful ways to respond.

We cannot always choose the emotion that arrives, but we can learn to choose what we do next.

For example:



It is okay to feel angry.



It is not okay to hurt someone because we are angry.

Instead, we might: **Take space** - Breathe slowly - **Talk to someone**
- Move our body - **Ask for help**.



One thing I have learned about emotions is:

- **I am allowed to feel all of my emotions.**
- **I can learn to understand my feelings.**
- **I can choose helpful ways to respond.**



Breathing slowly definitely helps me.