My Favourite Skills for Feeling Good

You have learned several new skills to help you feel better when you feel mad, sad, upset or down. Because everyone is different, some skills may help you more than others. Which skills are the most reliable tools in your "toolbox"? When would you use these tools?

My Favourite Skills Are:

1. _____

Example: _____

When I can use this skill _____

My Favourite Skills Are:

2. _____

Example: _____

When I can use this skill _____

My Favourite Skills Are:

3. _____

Example: _____

When I can use this skill _____