

THE GOZZY SPOTT





**SO MANY
EMOTIONS!**



Emotions Matching Game

Practice identifying different emotions through play. Ready, Set, Match!

HAPPY



SAD



MAD



SCARED



EXCITED



NERVOUS



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I CAN FEEL CALM



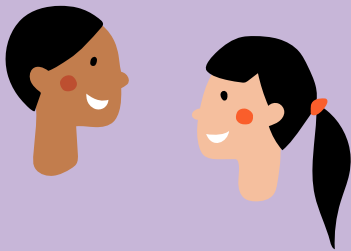
STRETCH MY
BODY



SLOWLY
COUNT TO 10



TAKE 3 DEEP
BREATHS



TALK TO
SOMEONE



DO A SILLY
DANCE



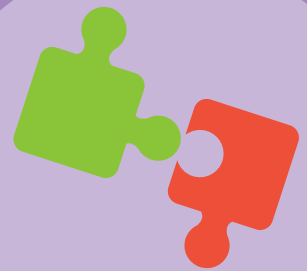
I CAN FEEL CALM



READ A BOOK



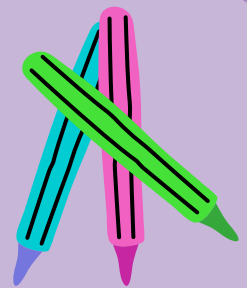
SQUEEZE A BALL



DO A PUZZLE



HUG A TOY



DRAW

SCARED



SAD

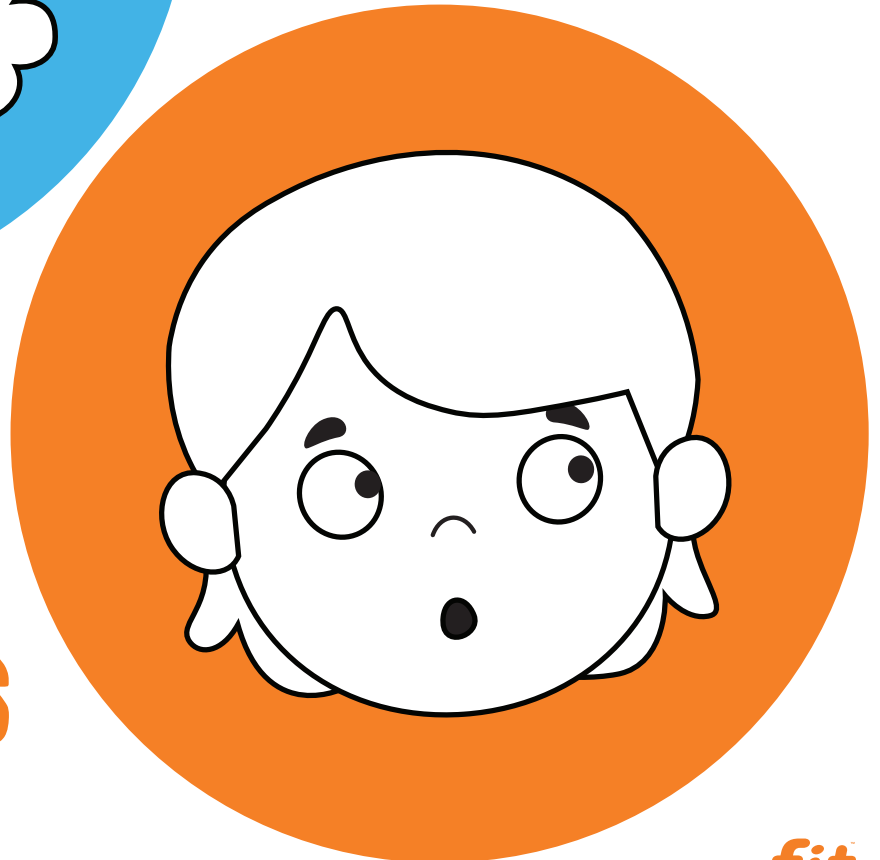


HAPPY

CALM



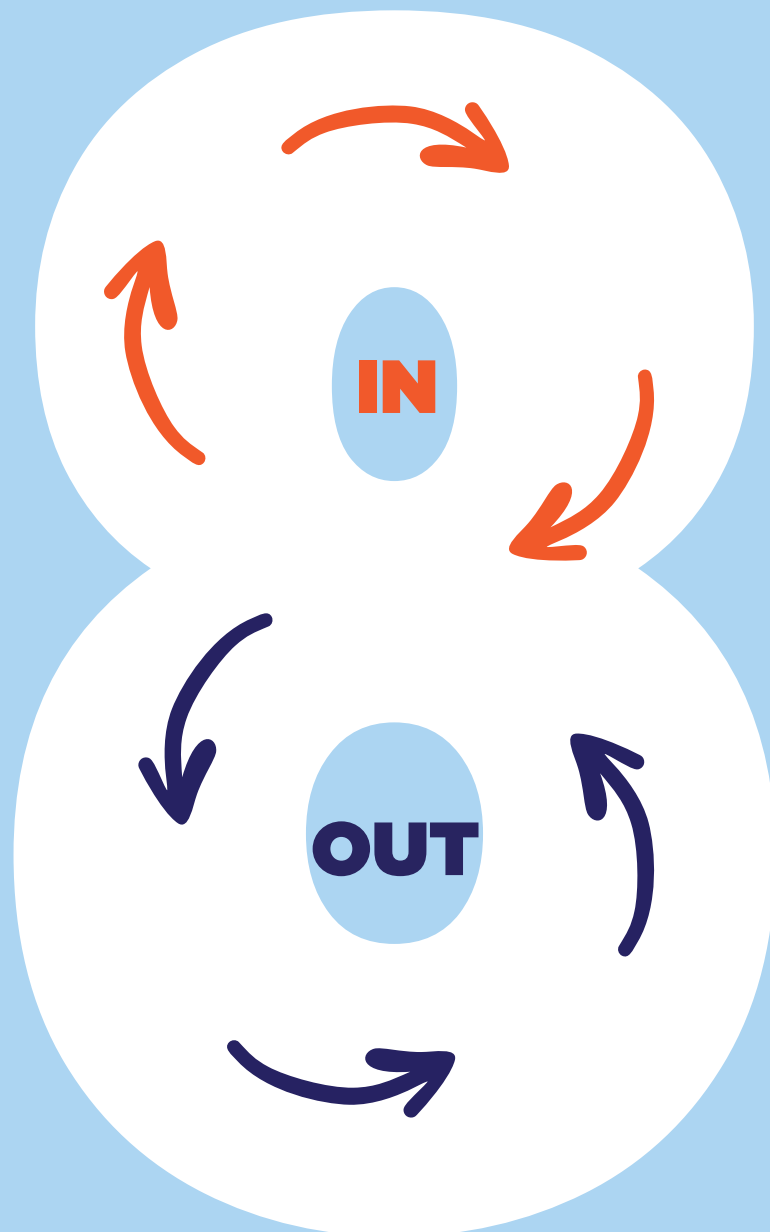
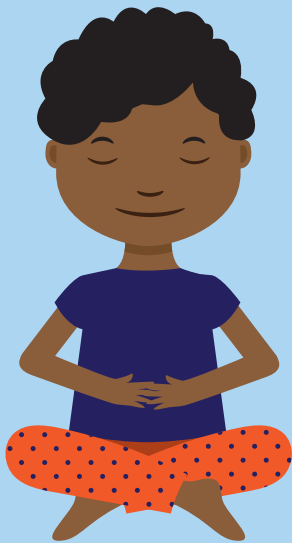
MAD



NERVOUS

Figure 8 Breathing

Trace the figure 8 as you breathe in and out.



Stretch Your Body!

1

**OVERHEAD
STRETCH**



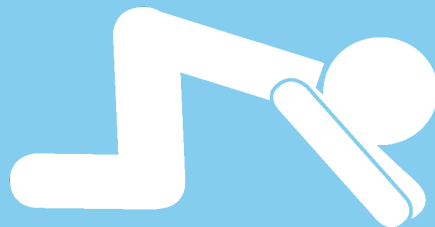
2

**FORWARD
FOLD**



3

**PUPPY
POSE**



4

**KING
COBRA**

