



home



learning



friendship



emotions

Chat Mats can be accessed on:

<https://blogs.glowscotland.org.uk/glowblogs/communicationfriendlyenvironments/when-i-feel-i-can/>

think about why I feel calm	listen to music	take a slow deep breath	Write about what has made me feel calm.	tell someone	go for a walk								
talk about it	I feel calm				judge								
draw a picture					mindfulness								
smile	<p>other words for calm</p> <table border="0"> <tr> <td>relaxed</td> <td>tranquil</td> <td>still</td> <td>serene</td> </tr> <tr> <td>undisturbed</td> <td>peaceful</td> <td>quiet</td> <td>chilled</td> </tr> </table>				relaxed	tranquil	still	serene	undisturbed	peaceful	quiet	chilled	something else
relaxed	tranquil	still	serene										
undisturbed	peaceful	quiet	chilled										

I can choose something to help me to keep calm.

help someone	relax and enjoy	tell a joke	Write why I feel happy.	laugh	exercise								
talk about it	I feel happy				play								
listen to music					mindfulness								
smile	<p>other words for happy</p> <table border="0"> <tr> <td>cheerful</td> <td>delighted</td> <td>joyful</td> <td>content</td> </tr> <tr> <td>merry</td> <td>jolly</td> <td>radiant</td> <td>sunny</td> </tr> </table>				cheerful	delighted	joyful	content	merry	jolly	radiant	sunny	something else
cheerful	delighted	joyful	content										
merry	jolly	radiant	sunny										

I can choose something to keep me feeling happy.

think about something	take a slow deep breathe	tell someone	Write a list. I am excited because.	try to keep body calm	exercise								
talk about it	I feel excited				colour a picture								
listen to music					mindfulness								
smile	<p>other words for excited</p> <table border="0"> <tr> <td>thrilled</td> <td>eager</td> <td>enthusiastic</td> <td>exhilarated</td> </tr> <tr> <td>animated</td> <td>high</td> <td>hyper</td> <td>delighted</td> </tr> </table>				thrilled	eager	enthusiastic	exhilarated	animated	high	hyper	delighted	something else
thrilled	eager	enthusiastic	exhilarated										
animated	high	hyper	delighted										

I can choose something to help me to relax.

What	can	I	do	when
I feel	calm,	happy	and	excited?

Activity Ideas



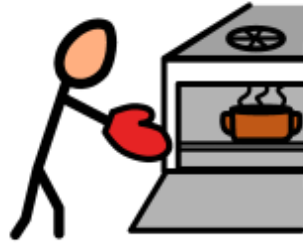
I



feel



calm.



bake

[Recipe Ideas](#)



I



feel



happy.



play

[Tig and Hopscotch Instructions](#)



exercise

[Cosmic Kids Yoga](#)



I



feel



excited.

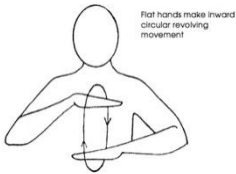


walk

[Nature's Palette Walking Activity](#)



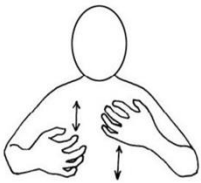
Makaton



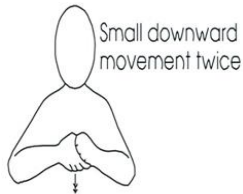
calm



happy



excited

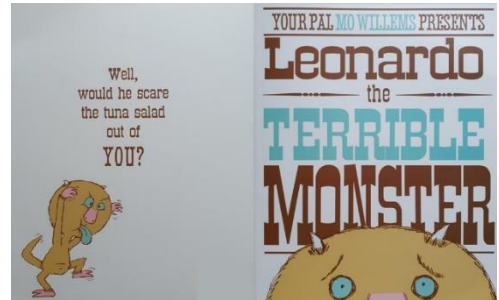


friend



story

Leonardo the Terrible Monster



building



friendship

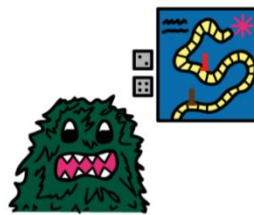


activities

grow a plant



play a monster game



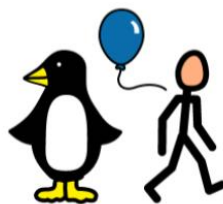
indoor music concert



have a picnic



penguin waddle



build a fort



choose

1

one



to do



together