



# Emotion Ocean



Sad, Lonely, Meh

## Deep Blue

What do I need?



Moving slowly

Hard to feel happy



Crying

Frowns

Extra tired

Soft or no voice



Anxious, Worried,  
Overwhelmed

## Choppy Waters

What do I need?



Fast thoughts

Worried thoughts



Can't get comfy

Fast heartbeat

Body fidgets



Calm, Happy, Content

## Calm Coast

What can I do?



Smiles

Connected



Feeling light

Creative

Playful

Energized



Frustrated, Annoyed,  
Irritated

## Tidal Waves

What do I need?



Hurtful words

Frowns



Body fidgets

Louder voice

Hot energy

Don't want to be touched



Angry, Explosive

## Tsunami Central

What do I need?



Hurtful words

Loud voice



Stomping feet

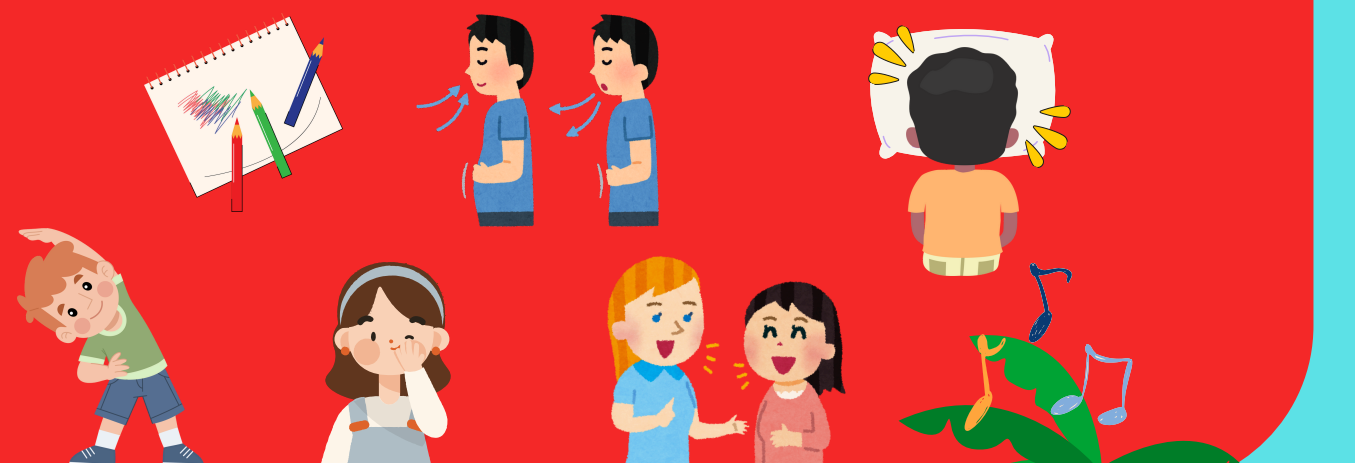
Fast body & words

Hot energy

Hitting hands



Find a safe space!



# Ride the Wave!

