🧰 My Stress Comic

Name: _____ Date: _____

Draw a picture in each box. 😟 → 😣 → 🧰 → 😌

1 Something stressful happens 😟

2 My body feels... 😖

💪 tight 💓 fast heart 😵 shaky

3 I use a tool from my toolkit 🧰

4 I feel calmer 😌

🧰 Pick a tool (circle one):

🌸 Smell the flower	🖐️ Five-finger breathing	✊ Squeeze	🪑 Chair push-ups	👀 5-4-3-2-1	💬 Cool words	🛑 Break card	🙋 Ask for help

📝 Word bank (if you want):

😟 worried | 😣 stressed | 😬 nervous | 🌬️ breathe | 🔢 count | 🚶 walk | 🙋 ask for help

🧰 My Stress Comic

Name: _____ Date: _____

Draw a picture in each box. 😟 → 😣 → 🧰 → 😌 · **Fill in the blanks.**

1 Something stressful happens 😟

Stressful thing: _____

2 My body feels... 😖

💪 tight 💓 fast heart 😵 shaky

My body feels _____.

3 I use a tool from my toolkit 🧰

I use _____ from my toolkit.

4 I feel calmer 😌

Now I feel _____.

🧰 Pick a tool (circle one):

🌸 Smell the flower	🖐️ Five-finger breathing	✊ Squeeze	🪑 Chair push-ups	👀 5-4-3-2-1	💬 Cool words	🛑 Break card	🙋 Ask for help

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