

Feel Good Plan Examples

Greta's Feel Good Plan

- Breathe
- Listen to music
- Read
- Snuggle with stuffies
- Take a nap
- Go for a walk
- Talk to mom or dad
- Draw/color
- Think positive thoughts
- Blow bubbles
- Think about happy things (vacations, happy times)
- Hang out with friends
- Take some alone time
- Throw a ball
- Look at the smiley face
- Play with oil/water jar
- Play with fidget toys

Feel Good Plan
(School)

- * Breathe
- * Humor
- * Stretch
- * Connect with a friend
- * Connect with a teacher
- * Self talk
- * pictures/videos that are connecting
- * Walk out of the office
- * music
- * adjust the light
- * essential oils

L's Feel Good Plan

- Breathe
- Meditate
- Listen to music
- Bake
- Watch a candle/fire
- Read
- Go outside
- Call a friend
- Take a bath/shower
- Draw/color
- Text a friend



Feel Good List

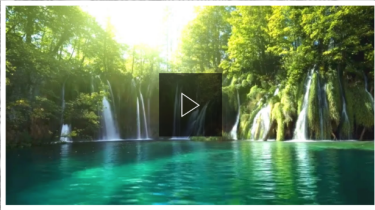
- Low lighting
- Soft Music
- Essential Oils
- Deep Breathing
- Fresh Air
- Positive Self Talk

Notes
February 9, 2020 at 8:03 PM

Cher's Feel Good Plan

- Quick Workout/Walk
- Long walk
- Talk to GF's
- Talk to Jon
- Helpful questions - what is underneath my behavior/feelings? What do I need? What is the story I'm telling myself? What do I want to think instead?
- Write some things down
- Alone time
- Work
- Deep breaths
- Helpful self talk
- Take a nap
- Review purpose, mission and values
- Spend time with kids

Mrs. Dodge's "Feel-Good" Plan



When I feel a strong emotion, I will use one of these ideas to help myself feel better.



Picture myself sitting in a forest alone.



Pet my cats. Hang out with them quietly for a few minutes.



Savannah's Feel Good Plan

1. Cuddling with any of my animals.



2. Cuddle with mommy.

3. Deep breaths //
Firecracker breathing



4. Listening to music



Stay Calm – Keep Breathing – Think Positively

Harper's Feel Good Plan

1. Cuddling with...
Corduroy, baby unicorn, baby or animals.



2. Hugs from mommy



3. Deep breaths //
Firecracker breathing



4. Listening to music
Into the Unknown (Frozen)
Ain't No Mountain High Enough

