

# Be a **STAR** of your emotions

We all experience different emotions from time to time. In just one day, you may feel proud, excited, sad, anxious, nervous, and many other emotions.

**Remember, all feelings are valid.**

Shining a light on how you feel, particularly when you're feeling overwhelmed or anxious, can help you find coping strategies to support your emotional health and wellbeing.

## **STOP**

Take a step back from whatever you're doing. How do your body and mind feel? Try putting your hands on your heart and belly, then quietly count to 10.



## **TAKE A BREATH**

Practise a breathing activity. As you gently breathe in and out, trace one finger up and down the fingers of the other hand. How do you feel now?

## **AND**

Continue to breathe deeply. Notice if any emotions come up; begin to label them. It's okay to not be okay! Try a sensory activity like push-ups, star jumps or using a calm down jar.



To get started, follow the steps on the STAR model.



## **RELAX**

When ready, share how you feel. Write it down, draw a picture, or talk with a trusted adult. This can help you find a way to resolve the situation. Then, do an activity to relax and let go!

