

## COOL-DOWN COUNTING GARDEN ACTIVITY SHEET

### HOW TO USE YOUR COUNTING GARDEN:

1. **Connect the dots** from 1 to 10, then back down from 10 to 1
2. **Count slowly** as you trace each number with your finger
3. **Take deep breaths** while you count - just like Henry learned!
4. **Color the flowers** and add your own garden decorations
5. **Practice whenever** you feel angry or upset

### DOT-TO-DOT GARDEN PATH



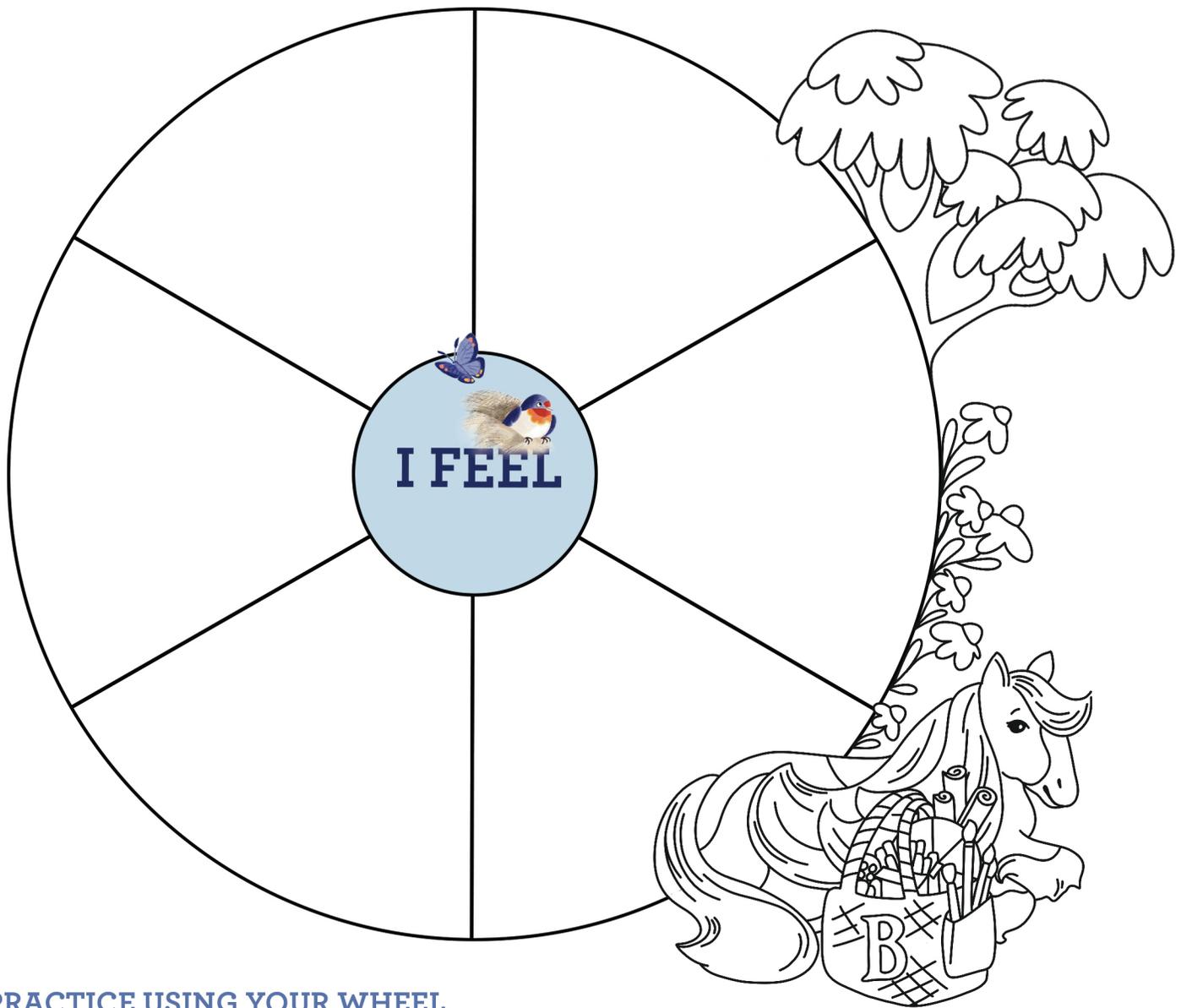
### BONUS ACTIVITY: DRAW YOUR OWN COUNTING GARDEN!

Turn this page over and draw your favorite flowers, butterflies, or other garden creatures here. You can also write the numbers 1-10 and continue practicing your cool-down counting!

## DESIGN YOUR OWN EMOTION WHEEL ACTIVITY SHEET

### INSTRUCTIONS:

1. **Choose 6 emotions** you want to include on the wheel  
(you can use ones from Bella's wheel or think of your own!)
2. **Write one emotion** in each section of the wheel
3. **Pick a color** for each emotion and color that section
4. **Draw a picture or symbol** that shows what each emotion looks like to you
5. **Use your wheel** to help identify your feelings!



### PRACTICE USING YOUR WHEEL

Write about a time you felt one of your wheel emotions:

I felt: \_\_\_\_\_ when: \_\_\_\_\_

My body felt: \_\_\_\_\_

What I did: \_\_\_\_\_

Next time I could: \_\_\_\_\_