

Feeling Guy

This handout was adapted from *School Volunteer Handbook: A Simple Guide for K-6 Teachers and Parents* and is shared with permission from authors Yael Calhoun and Elizabeth Q. Finlinson. The handout accompanies the lesson plan "Be the Boss: A Lesson Plan on Managing Feelings," available at http://www.educationworld.com/a_lesson/lesson-plan-managing-feelings.shtml.

You have the power to help yourself feel better.

